

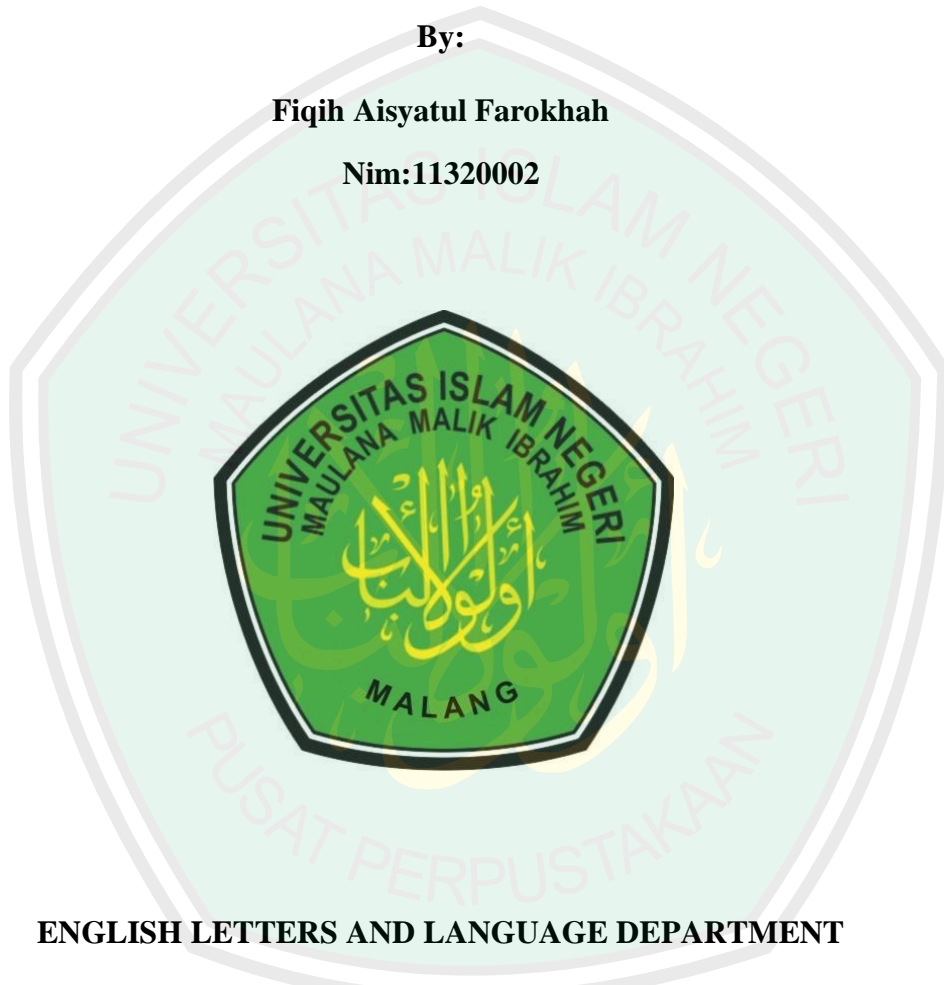
**ANXIETY SUFFERED BY ELIZABETH HOLLAND IN ANNA  
GODBERSEN'S *SPLENDOR***

**THESIS**

**By:**

**Fiqih Aisyatul Farokhah**

**Nim:11320002**



**ENGLISH LETTERS AND LANGUAGE DEPARTMENT**

**FACULTY OF HUMANITIES**

**MAULANA MALIK IBRAHIM STATE ISLAMIC UNIVERSITY OF**

**MALANG**

**2015**

**ANXIETY SUFFERED BY ELIZABETH HOLLAND IN ANNA  
GODBERSEN'S *SPLENDOR***

**THESIS**

**Presented to:**

**Maulana Malik Ibrahim State Islamic University of Malang in Partial  
Fulfillment of the Requirements for the Degree of Sarjana Sastra (S.S)**

**By:**

**Fiqih Aisyatul Farokhah**

**Nim:11320002**



**Supervisor:**

**Dra. Andarwati, M.A**

**NIP. 196508051999032002**

**ENGLISH LETTERS AND DEPARTMENT**

**FACULTY OF HUMANITIES**

**MAULANA MALIK IBRAHIM STATE ISLAMIC UNIVERSITY OF**

**MALANG**

**2015**

## STATEMENT OF AUTHENTICITY

This is to state that the thesis under the *title Anxiety Suffered by Elizabeth Holland in Anna Godbersen's Splendor* is truthfully my original work to fulfill the requirement for degree of Sarjana Sastra, Faculty of Humanities at Maulana Malik Ibrahim State Islamic University of Malang. I am the only person who is fully responsible for the thesis if there are any opposition and claim from other people.

Malang, 27 October 2015

Fiqih Aisyatul Farokhah

## APPROVAL SHEET

This is to certify that Fiqih Aisyatul Farokhah's thesis entitled **Anxiety Suffered by Elizabeth Holland in Anna Godbersen *Splendor*** has been approved by the thesis advisor for further approval by the board of examiners.

Malang, 17 June 2015

Approved by  
The Advisor

Acknowledge by  
The Head Of The English  
Language And Letters Department

Dra. Andarwati, M. A  
NIP. 196508051999032002

Dr. Syamsuddin, M.Hum  
NIP 196911222006041001

The Dean of the Faculty of Humanities

Maulana Malik Ibrahim State Islamic University of Malang

Dr. Hj. Istiadah, M.A

## LEGITIMATION SHEET

This is to certify that Fiqih Aisyatul Farokhah's thesis entitled  
**Anxiety Suffered by Elizabeth Holland in Anna Godbersen's**  
*Splendor* Has been approved by the thesis advisor by the Board of  
Examiners as the Requirement for the degree of *Sarjana Sastra*

### The Board Examiners

### Signatures

1. Mundi Rahayu, M.Hum (Chairwoman)  
NIP 19680226 200604 2 001

1. \_\_\_\_\_

2. Muzakki Afifuddin, M.Pd (Main Examiner)  
NIP 19761011 2011011 009

2. \_\_\_\_\_

3. Dra. Andarwati, M. A (Advisor)  
NIP. 196508051999032002

3. \_\_\_\_\_

Malang, 27 October 2015

Approved by

The Dean of the Faculty of Humanities

Maulana Malik Ibrahim State Islamic University of Malang

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

## *MOTTO*

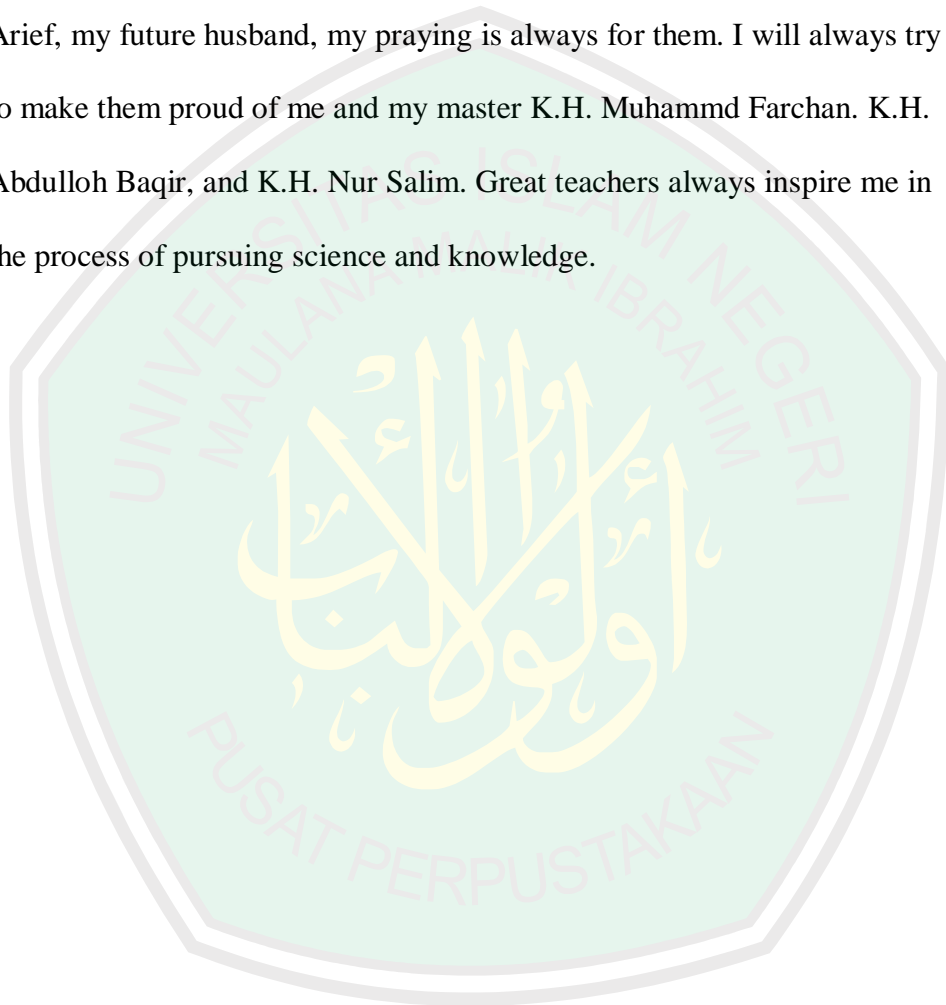
*Everything That Happen in the  
Past Cannot Be an Obstruction for  
Getting a Better Future*

لا يكلف الله نفسا الا وسئله

## **DEDICATION**

**This Thesis is dedicated to:**

My beloved mother, Siti Maimunah and my beloved father, Kasnawi Arief, my future husband, my praying is always for them. I will always try to make them proud of me and my master K.H. Muhammd Farchan. K.H. Abdulloh Baqir, and K.H. Nur Salim. Great teachers always inspire me in the process of pursuing science and knowledge.



## ACKNOWLEDGEMENTS

Bismillahirrahmaanirrahim

Praise is to Allah SWT, the Lord of the World who always guides and blesses me. Therefore, I could finish my thesis *Anxiety Suffered by Elizabeth Holland in Anna Godbersen's Splendor (Psychological Literary Criticism)* entitled as well. May Peace and Blessings are also delivered to our Prophet Muhammad SAW, who is as our guide to be good Muslim.

This research cannot be finished without some involvements and supports from all people around me. Therefore, I deeply thank my advisor Dra. Andarwati, M.A who has spent her time in correcting, guiding and giving suggestion and critic to this thesis. The researcher also wants to give great thanks to:

1. My beloved sister Nurul Annisah and the husband Bachtiar Rosyadi for their love and support; and also my brothers Ahmad and Rohman for their help and support. All my big family thanks for pray and support.
2. All my teachers in kinder garden until senior high school, for teach and pray me until I can be like now I am.
3. My best friends in F. O. N .N especially for Hendrik, Ana, Tiwi and Eka for making my life cheerful.
4. The rector of The State Islamic University of Malang Prof. Dr. Mudjia Rahardjo, M.Si who leads this university.



5. The Dean of Humanities Faculty Dr. Hj. Istiadah, M.A. who leads this faculty

6. The entire English letters and language's lecturers for being so kind, patient, and generous in introducing and leading me to the world of literature and linguistics.

7. For my friends in English department especially Diny, Efin, Evi, Fia, Hanum, Silmy, Nisa, Ima Ulya and the other literature students 2011.

8. Thanks for all my best friends in PKPBA especially, Evi, Tsenia, Elfa, Dyah, Nashir, Jamal, Indra, and Hari for being my second family in Malang.

9. All my friends in MSAA's dormitory especially for Lia, for your help since we're in the first semester until now.

10. My alumnus friends of Tarbiyatut Tholabah Kranji (FOSHMA) especially Ike, Erly, Dzafi And Yasa' for always supporting and giving me advices.

Finally I invite the reader's suggestion and criticism to make this thesis better. Moreover, this thesis is expected not only useful for me but also for the readers and further researchers who need it.

Malang, 27 October 2015

Fiqih Aisyatul Farokhah

## TABLE OF CONTENT

TITLE PAGE.....	i
STATEMENT OF AUTHENTICITY.....	iii
APPROVAL SHEET.....	iv
LEGITIMATION SHEET.....	v
MOTTO.....	vi
DEDICATION.....	vii
ACKNOWLEDGEMENT.....	viii
TABLE OF CONTENT.....	xi
ABSTRACT.....	xiii

### CHAPTER I: INTRODUCTION

1.1 Background of the Study.....	1
1.2 Research Questions.....	9
1.3 Objectives of the Study.....	9
1.4 Scope and Limitation.....	9
1.5 Significance of the study.....	10
1.6 Research Method	
1.6.1 Research Design.....	11
1.6.2 Data Source .....	12
1.6.3 Data Collection.....	15
1.6.4 Data Analysis.....	16
1.7 Definition of Key Terms.....	18

### CHAPTER II: REVIEW OF RELATED LITERATURE

2.1 Psychology and Literature .....	19
2.2 Psychoanalysis-Sigmund Freud.....	22
2.3 Structural Personalities by Sigmund Freud .....	25
2.4 The Concept of Anxiety .....	27
2.5 The Causes of Anxiety .....	29
2.6 Self Defense Mechanism.....	35
2.5.1 Suppression .....	35

2.5.2 Sublimation .....	36
2.5.3 Displacement .....	36
2.5.4 Rationalization .....	37
2.5.5 Reaction Formation .....	37
2.5.6 Projection .....	38
2.5.7 Aggression and Apathy .....	38
2.5.8 Fantasy and Stereotype .....	39
2.5.9 Denial .....	39
2.5.10 Introjections .....	40
2.5.11 Isolation .....	40
2.5.12 Asceticism .....	41
2.5.13 Identification .....	41
2.5.14 Fixation and Regression .....	42
2.6 Previous Study.....	44

### **CHAPTER III: FINDINGS AND DISCUSSIONS**

3.1 The Anxiety Suffered by Elizabeth Holland as the Main Character .....	48
3.1.1 Neurotic Anxiety .....	48
3.1.2 Reality Anxiety .....	53
3.1.3 Moral Anxiety .....	54
3.2 The Causes of Elizabeth Holland's Anxiety .....	60
3.2.1 Repression .....	61
3.2.2 Threat .....	64
3.2.3 Frustration .....	68
3.2.4 Environment .....	71
3.3 Self Defense Mechanism Done by Elizabeth Holland.....	76
3.3.1 Repression .....	76
3.3.2 Sublimation .....	77
3.3.3 Displacement .....	78
3.3.4 Rationalization .....	79

3.3.5 Reaction Formation .....	77
3.3.6 Projection .....	80
3.3.7 Aggression .....	81
3.3.8 Fantasy .....	82
3.3.9 Denial .....	83
3.3.10 Asceticism .....	85

#### **CHAPTER IV: CONCLUSIONS AND SUGGESTION**

4.1 Conclusions.....	86
4.2 Suggestion.....	88

<b>BIBLIOGRAPHY</b> .....	90
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#### **APPENDIXES**

#### **CURRICULUM VITAE**

## ABSTRACT

Farokhah, Fiqih Aisyatul. 2015. *Anxiety Suffered by Elizabeth Holland in Anna Godbersen's Splendor (Psychological Literary Criticism)* Thesis, English Letters and Language Department, Faculty of Humanities. Maulana Malik Ibrahim State Islamic University of Malang. Supervisor: Dra. Andarwati, M.A

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

---

Basically, anxiety is a condition which possibly happens but it will become something hazardous if it does not get the right handling. It is followed by an uncomfortable feelings characterized as worry, fear, unhappy moods that we can feel through numerous level. In order to decrease the pressure thus we can avoid the critical anxiety, it requires self-defense mechanisms. It is the nature of Ego-defense to protect ourselves from painful feelings triggered by the anxiety. That statement can be the base of this research which only focuses on Elizabeth Holland's psychological condition in Anna Godebersen's *Splendor*. The researcher divides the research problem into three parts; 1. What are the kinds of anxiety which is felt by Elizabeth Holland described in *Splendor* novel 2. What are the causes of her anxiety? 3. What are the defense mechanisms that she did in reducing her anxiety?

This research is classified as a critical literature research since the characters in the novel describes their own life which full of psychological condition. This research only concentrates on the symptoms; the anxiety causes and self-defense mechanisms which are done by Elizabeth Holland against her anxious problems. Next, Freud's theory of anxiety and self-defense mechanisms will use as an analysis material to describe the characters' psychological condition. Elizabeth Holland or Lizzy experiences internal conflict which happens between her Ego and Superego namely moral, objective (realism) and neurotic anxiety. Elizabeth, usually called Lizzy, always feels panic and fright. Her anxiety is generally caused by the threats from her second husband and her environment as well. To decrease those anxious feelings, Lizzy shows her self-defense mechanisms; repression, sublimation, displacement, rationalization, reaction formation, projection, aggression, fantasy, denial and asceticism.

Since we know the importance to do a research about self-defense mechanisms in literary works, we expect that the next researchers will examine self-defense mechanisms from the characters in other literary works. They are also expected to analyze other phenomenon which exists in *Splendor* just like in the feminism aspects and moral values. Besides, the researcher expects they apply many psychological theories to dissect the characters' psychological condition like Anna Freud, Adler, Melanie Kelin and Sullivan. The researcher hopes that it will give a wide understanding about self-defense mechanisms in real life. Also, the researcher expects they have a capability to examine the other characters in *Splendor*.

## الملخص

فرحة، فقه عائشة. 2015. لقلق التي يعاني منها إليزابيث هولندا في العظمة أناغودبيرسن في (النقد الأدبي النفسي). أطروحة. قسم اللغة الإنجليزية وآدابها. كلية العلوم الإنسانية. جامعة الإسلامية الحكيمة مولانا مالك إبراهيم مالانج. المشرف: الدكتور. أندارواتي الماجيستير.

الكلمات الرئيسية: الأدب وعلم النفس، والقلق، وآلية الدفاع عن النفس.

في الأساس القلق هو شيء يمكن أن يحدث. على الرغم من هذا القلق سيكون بشيء يشكل خطورة إذا لم تفعل التعامل مع فوراً. أشكال مختلفة من الصراع والإحباط التي تعيق تقدم الفرد في تحقيق أهداف هي مصدر القلق. التهديد في السؤال قد يكون التهديد الجسدي والنفسي والضغط التي تؤدي إلى ظهور القلق. ويتبع هذا الشرط من قبل الشعور بعدم الارتياح الذي يتميز القلق المدى. والخوف، سعيدة أن نتصوره من خلال مختلف المستويات. للحد من التوتر وذلك لتجنب القلق الحاد. ومن هنا جاءت الحاجة إلى آلية الدفاع عن النفس. آلية الدفاع هو شكل من أشكال الدفاع الأنا في حماية نفسك من آلام القلق. هذه الدراسة هي شيء آخر سوف تركز على حالته النفسية إليزابيث هولندا الطابع الموجودة في رواية أناغودبيرسن العظمة. في هذه الدراسة، ينقسم الباحثون صياغة المشكلة إلى ثلاثة أجزاء، وهي: 1. ما هو نوع من القلق الذي يشعر به إليزابيث هولندا وصفها في روعة جديدة؟ 2. ما هي أسباب القلق لها؟ 3. ما هي الآليات الدفاعية فعلت في الحد من القلق لها؟

وتصنف هذه الدراسة والأبحاث في النقد الأدبي بالنظر إلى أن الشخصيات في الرواية تصور الحياة التي وعلاوة على ذلك، سيتم استخدام نظرية الآليات القلق والدفاع سكين فرويد يتم تحميلها مع الحالات النفسية. يحلل في البحث واصفا حالة النفسية للشخصيات. وتبين هذه الدراسة أن روعة الرواية هي انعكاس لظاهرة نفسية في الحياة الحقيقية، وهذا ما يتضح من ظهور السلوكيات والمشاعر تتأثر طبيعة أوضاعهم النفسية. لشخصيات في الرواية هي فتاة في سن المراهقة الذين نشأوا إليزابيث هولندا، تعرضت لها الصراع الداخلي الذي يحدث بين الأنا والأنا العليا، والمعروفة من قبل باسم القلق الأخلاقي، الهدف القلق (واقع) ليزي القلق العام. والقلق العصبي. إليزابيث الذي كان يسمى ليزي أشعر دائما حالة من الذعر والخوف القلق الذي أعطى ليزي يؤدي إلى ما يسمى -من أجل الحد من القلق. الناجم عن تهديد زوجها الثاني والبيئة آلية الدفاع عن النفس من القمع، والتسامي، نقل، الترديد، تشكيل رد فعل، والإسقاط، والعدوان، والخيال، والحرمان والزهد.

ونظرا لأهمية إجراء البحوث على الاضطرابات في الأدب، وبالتالي فإنه من المتوقع أن الباحث المقبل لبحث قادة اضطرابات القلق في الأعمال الأدبية الأخرى. وعلاوة على ذلك يتوقع أيضا الباحثون على ظاهرة أخرى أن يرد في هذه الرواية روعة فقط كمثال في هذا الجانب من القيم -تحليل هذه الظاهرة بالإضافة إلى ذلك، باحثات هنا تتوقع أن الباحثين في وقت لاحق لتكون قادرة. القيم الأخلاقية -النسوية و نظرية علم النفس الآخرين لتسريح الحالة النفسية للشخصيات مثل أنا فرويد، أدلر، -على تطبيق النظرية ميلاني كلاين، وسوليفان، الذي من المتوقع أن يوفر فهما واسعا وعمق مفهوم اضطرابات القلق و آلية الدفاع في حياة الإنسان. ليس ذلك فحسب، ويأمل الباحثون أيضا إلى مزيد من البحوث لدراسة لشخصيات الأخرى في هذه الرواية.

### ABSTRAK

Farohah, Fiqih Aisyatul. 2015. *Anxiety Suffered by Elizabeth Holland in Anna Godbersen's Splendor (Psychological Literary Criticism)* “. Skripsi. Jurusan Bahasa Dan Sastra Inggris. Fakultas Humaniora. Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Dra. Andarwati, M.A.

Kata kunci: Psikologi sastra, Anxiety, Self defense mechanism.

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Berbagai konflik dan bentuk frustrasi yang menghambat kemajuan individu untuk mencapai tujuan adalah salah satu sumber kecemasan. Ancaman yang dimaksud dapat berupa ancaman fisik, psikis dan berbagai tekanan yang mengakibatkan timbulnya kecemasan. Kondisi ini diikuti oleh perasaan tidak nyaman yang dicirikan dengan istilah khawatir, takut, tidak bahagia yang kita rasakan melalui berbagai level. Untuk mengurangi ketegangan sehingga dapat terhindar dari kecemasan akut, maka diperlukan adanya mekanisme pertahanan diri. Mekanisme pertahanan diri adalah sebagai bentuk pertahanan Ego dalam melindungi diri dari rasa sakit akibat kecemasan. Penelitian ini memusatkan perhatian pada kondisi kejiwaan tokoh Elizabeth Holland yang ada dalam novel *Splendor* karya Anna Godbersen. Dalam penelitian ini, peneliti membagi rumusan masalah menjadi tiga bagian, yakni: 1. what are the kinds of anxiety felt by Elizabeth Holland described in splendor novel. 2. What are the causes of her anxiety? 3. What are the defenses mechanisms that she did in reducing her anxiety?

Penelitian ini diklasifikasikan sebagai penelitian kritik sastra mengingat bahwa para tokoh di dalam novel melukiskan kehidupan mereka yang sarat akan kondisi kejiwaan. Penelitian ini hanya memusatkan perhatian pada bentuk gejala beserta penyebab kecemasan dan bentuk mekanisme pertahanan diri yang dilakukan oleh tokoh Elizabeth Holland dalam memerangi gangguan kecemasan dia. Selanjutnya, teori kecemasan dan mekanisme pertahanan diri Freud akan dijadikan sebagai pisau analisis dalam meneliti dan mendeskripsikan kondisi kejiwaan para tokoh. Tokoh cerita dalam novel itu adalah seorang gadis remaja yang beranjak dewasa Elizabeth Holland, dia mengalami konflik batin yang terjadi antara Ego dan Superegonya yang dikenal dengan nama kecemasan moral, kecemasan objektif (realitas) dan kecemasan neurotik. Elizabeth yang biasa dipanggil Lizzy selalu merasa panik dan ketakutan. Kecemasan Lizzy secara umum disebabkan oleh adanya ancaman dari suami keduanya dan keadaan lingkungan. Kecemasan yang dideritanya menjadikan dia selalu merasa takut, khawatir dan berfikir tidak rasional. Guna mengurangi kecemasan – kecemasannya itu, Lizzy memunculkan mekanisme pertahanan diri yang disebut represi, sublimasi, pemindahan, rasionalisasi, reaksi formasi, proyeksi, agresi, fantasi, denial, dan asketisisme.



## الملخص

فرحة، فقه عائشة. 2015. لقلق التي يعاني منها إليزابيث هولندا في العظمة أناغودبيرسن في (النقد الأدبي النفسي)". أطروحة. قسم اللغة الإنجليزية وآدابها. كلية العلوم الإنسانية. جامعة الإسلامية الحكومية مولانا مالك إبراهيم مالانج. المشرف: الدكتور. أندارواتي الماجيستير.

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وتصنف هذه الدراسة والأبحاث في النقد الأدبي بالنظر إلى أن الشخصيات في الرواية تصور الحياة التي يتم تحميلها مع وعلاوة على ذلك، سيتم استخدام نظرية الآليات القلق والدفاع سكين فرويد يحل في البحث واصفا حالة الحالات النفسية. النفسية للشخصيات. وتبين هذه الدراسة أن روعة الرواية هي انعكاس لظاهرة نفسية في الحياة الحقيقية، وهذا ما يتضح من ظهور السلوكيات والمشاعر تتأثر طبيعة أوضاعهم النفسية. لشخصيات في الرواية هي فتاة في سن المراهقة الذين نشأوا إليزابيث هولندا، تعرضت لها الصراع الداخلي الذي يحدث بين الأنا والأنا العليا، والمعروفة من قبل باسم القلق الأخلاقي، الهدف القلق (واقع) والقلق العصبي. إليزابيث الذي كان يسمى ليزي أشعر دائماً حالة من الذعر والخوف القلق الذي أعطى ليزي يؤدي إلى ما -من أجل الحد من القلق. ليزي القلق العام الناجم عن تهديد زوجها الثاني والبيئة يسمى آلية الدفاع عن النفس من القمع، والتسامي، نقل، الترشيح، تشكيل رد فعل، والإسقاط، والعدوان، والخيال، والحرمان والزهد.

ونظراً لأهمية إجراء البحوث على الاضطرابات في الأدب، وبالتالي فإنه من المتوقع أن الباحث المقبل لبحث قادة ظاهرة -اضطرابات القلق في الأعمال الأدبية الأخرى. وعلاوة على ذلك يتوقع أيضا الباحثون على تحليل هذه الظاهرة بالإضافة إلى ذلك، القيم الأخلاقية -أخرى أن يرد في هذه الرواية روعة فقط كمثال في هذا الجانب من القيم النسوية و نظرية علم النفس الآخرين لتتوقع أن الباحثين في وقت لاحق لتكون قادرة على تطبيق النظرية الحالة النفسية للشخصيات مثل أنا فرويد، أدلر، ميلاني كلاين، وسوليفان، الذي من المتوقع أن يوفر فهما واسعا وعمق مفهوم اضطرابات القلق وآلية الدفاع في حياة الإنسان. ليس ذلك فحسب، ويأمل الباحثون أيضا إلى مزيد من البحوث لدراسة لشخصيات الأخرى في هذه الرواية.



## ABSTRAK

Farohah, Fiqih Aisyatul. 2015. *Anxiety Suffered by Elizabeth Holland in Anna Godbersen's Splendor (Psychological Literary Criticism)*. Skripsi. Jurusan Bahasa Dan Sastra Inggris. Fakultas Humaniora. Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Dra. Andarwati, M.A.

Kata kunci: Psikologi sastra, Anxiety, Self defense mechanism.

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Berbagai konflik dan bentuk frustrasi yang menghambat kemajuan individu untuk mencapai tujuan adalah salah satu sumber kecemasan. Ancaman yang dimaksud dapat berupa ancaman fisik, psikis dan berbagai tekanan yang mengakibatkan timbulnya kecemasan. Kondisi ini diikuti oleh perasaan tidak nyaman yang dicirikan dengan istilah khawatir, takut, tidak bahagia yang kita rasakan melalui berbagai level. Untuk mengurangi ketegangan sehingga dapat terhindar dari kecemasan akut, maka diperlukan adanya mekanisme pertahanan diri. Mekanisme pertahanan diri adalah sebagai bentuk pertahanan Ego dalam melindungi diri dari rasa sakit akibat kecemasan. Penelitian ini memusatkan perhatian pada kondisi kejiwaan tokoh Elizabeth Holland yang ada dalam novel *Splendor* karya Anna Godbersen. Dalam penelitian ini, peneliti membagi rumusan masalah menjadi tiga bagian, yakni: 1. what are the kinds of anxiety felt by Elizabeth Holland described in splendor novel. 2. What are the causes of her anxiety? 3. What are the defenses mechanisms that she did in reducing her anxiety?

Penelitian ini diklasifikasikan sebagai penelitian kritik sastra mengingat bahwa para tokoh di dalam novel melukiskan kehidupan mereka yang sarat akan kondisi kejiwaan. Penelitian ini hanya memusatkan perhatian pada bentuk gejala beserta penyebab kecemasan dan bentuk mekanisme pertahanan diri yang dilakukan oleh tokoh Elizabeth Holland dalam memerangi gangguan kecemasan dia. Selanjutnya, teori kecemasan dan mekanisme pertahanan diri Freud akan dijadikan sebagai pisau analisis dalam meneliti dan mendeskripsikan kondisi kejiwaan para tokoh. Tokoh cerita dalam novel itu adalah seorang gadis remaja yang beranjak dewasa Elizabeth Holland, dia mengalami konflik batin yang terjadi antara Ego dan Superegonya yang dikenal dengan nama kecemasan moral, kecemasan objektif (realitas) dan kecemasan neurotik. Elizabeth yang biasa dipanggil Lizzy selalu merasa panik dan ketakutan. Kecemasan Lizzy secara umum disebabkan oleh adanya ancaman dari suami keduanya dan keadaan lingkungan. Kecemasan yang dideritanya menjadikan dia selalu merasa takut, khawatir dan berfikir tidak rasional. Guna mengurangi kecemasan – kecemasannya itu, Lizzy memunculkan mekanisme pertahanan diri yang disebut represi, sublimasi, pemindahan, rasionalisasi, reaksi formasi, proyeksi, agresi, fantasi, denial, dan asketisisme.

## ABSTRACT

Farokhah, Fiqih Aisyatul. 2015. *Anxiety Suffered by Elizabeth Holland in Anna Godbersen's Splendor (Psychological Literary Criticism)* Thesis, English Letters and Language Department, Faculty of Humanities. Maulana Malik Ibrahim State Islamic University of Malang. Supervisor: Dra. Andarwati, M.A

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

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Basically, anxiety is a condition which possibly happens but it will become something hazardous if it does not get the right handling. It is followed by an uncomfortable feelings characterized as worry, fear, unhappy moods that we can feel through numerous level. In order to decrease the pressure thus we can avoid the critical anxiety, it requires self-defense mechanisms. It is the nature of Ego-defense to protect ourselves from painful feelings triggered by the anxiety. That statement can be the base of this research which only focuses on Elizabeth Holland's psychological condition in Anna Godebersen's *Splendor*. The researcher divides the research problem into three parts; 1. What are the kinds of anxiety which is felt by Elizabeth Holland described in *Splendor* novel 2. What are the causes of her anxiety? 3. What are the defense mechanisms that she did in reducing her anxiety?

This research is classified as a critical literature research since the characters in the novel describes their own life which full of psychological condition. This research only concentrates on the symptoms; the anxiety causes and self-defense mechanisms which are done by Elizabeth Holland against her anxious problems. Next, Freud's theory of anxiety and self-defense mechanisms will use as an analysis material to describe the characters' psychological condition. Elizabeth Holland or Lizzy experiences internal conflict which happens between her Ego and Superego namely moral, objective (realism) and neurotic anxiety. Elizabeth, usually called Lizzy, always feels panic and fright. Her anxiety is generally caused by the threats from her second husband and her environment as well. To decrease those anxious feelings, Lizzy shows her self-defense mechanisms; repression, sublimation, displacement, rationalization, reaction formation, projection, aggression, fantasy, denial and asceticism.

Since we know the importance to do a research about self-defense mechanisms in literary works, we expect that the next researchers will examine self-defense mechanisms from the characters in other literary works. They are also expected to analyze other phenomenon which exists in *Splendor* just like in the feminism aspects and moral values. Besides, the researcher expects they apply many psychological theories to dissect the characters' psychological condition like Anna Freud, Adler, Melanie Kellin and Sullivan. The researcher hopes that it will give a wide understanding about self-defense mechanisms in real life. Also, the researcher expects they have a capability to examine the other characters in *Splendor*.

## CHAPTER I

### INTRODUCTION

This part presents the background of the study, research question, objectives of the study, scope and limitation, significance of the study, definition of key terms, and research method. The research method includes research design, data sources, data collection, and data analysis.

#### 1.1 Background of the Study

Literature and psychology have a close relationship. In fact, their relationship can not be separated. Literary work is the result of a psychological condition of the author. Besides that, the figures which are depicted the authors in literature, rarely as the real portrayed of their environment at that time. The fictional characters in literature usually display a variety of personality and behavior associated with psychiatric and psychological experiences or conflicts as experienced by humans in real life. Literature and psychology tend to have the same deal with the problems of human beings as individuals and social. They utilize human experiences as object study. Some people think that literature is a part of author's imagination as outlined in the form of words thus forming a work. Authors' imagination occurs when they are in their subconscious condition that occurs when they are dreaming. Endraswara said that literature is the creation of mental

process and thinking that the authors' create in their subconscious condition then they pour out it to their conscious condition (Endraswara 2003: 96). John Keble argues the affinity between literature and psychology can be observed through, such as literary work is an expression of conflict-gratification, encouragement motive, and desire which are presented to look for satisfaction imaginatively which is accompanied by effort to conceal and press a feeling using an impostor from the deepest heart (Abrams, 1979: 257).

Literary work is a product of human subconsciousness (Endraswara, 2011:100), therefore, there are many literary works which can be discussed using psychological aspects such as; the kinds of conflict happened in the story, that conflict can form as psychological condition of the character in the story or abnormality behavior of the character that can cause difficulties and tragedy. Sometimes, psychology can be analyzed from the authors' psychology condition when they create it or what kind of readers' psychological condition when they read it. However, the researcher tries to find out one of psychological conditions of Elizabeth Holland that is figured out as anxiety. Moreover, the researcher wants to analyze the kinds of her anxiety, the causes of which and the kinds of defense mechanisms which has done by her to reduce her anxiety.

To take it easy in analyzing the novel, the researcher only focuses on an aspect in the literary work and the interpretation of the work. The basic assumptions of doing this analysis are; first, there is an opinion that literary work is a product of psyche and an author thought's that get situation in subconscious condition and represent in conscious condition. Second, psychological approach is a research for psychological condition or feeling of an author when the author creates a literary work (Endraswara, 2011:96). Literary work not only represents the author's psychology but also the readers' psychology that use their soul condition to interpret a literary work. In the other hand, it makes psychology is closer to the literary work (Hilgard et all, 1975:78).

For analyzing Elizabeth's problem, the researcher uses a psychological approach and Sigmund Freud's anxiety theory. In personality's theory, Anxiety is a result from the conflict of subconscious which is from a conflict between the impulse of Id, and the resistance of Ego and Superego. Anxiety is the situation or condition which can be a threat for the pleasantness of organism which is assumed to create a condition. A conflict between the aspects of personality can cause anxiety and stress. Freud said that anxiety commits as a reminder of regarding something which is disarrayed (Hilgard et, all., 1975: 420). Sometimes, anxiety can appear as a remorse feeling and it is realized as phobia and hysteria. The other

causes of anxiety can be all kinds of conflict and frustration which pursue individual improvement to reach the aims. These threats can be physical, physiological, and everything which can cause anxiety. This condition is followed by distasteful feeling which is characterized by worried, fear, and unhappy, these kinds of emotion which can be felt through different level (Hilgard et al., 1975:440). Anxiety will appear as a danger sign. Therefore, a person who undergoes anxiety must do maneuver through defense mechanism.

Freud uses defense mechanism term refers to subconscious process to defend the anxiety; this defense protects a person from external threat or impulses which is from internal anxiety with contorting reality using all kinds of ways (Hilgard et al., 1975:442). The function of defense mechanisms is to deny reality which is too hard and painful to bear. It has function to protect the Ego from the overwhelming anxiety. When Ego arrests Id desire to achieve his pleasure, the anxiety will be felt from the inside. This condition spreads and causes uncomfortable condition when Ego feels Id can bother person's life. According to Freud, self defense mechanism is a strategy which is used by a person to defend Id impulse expression and resist the pressure of Superego (Abrams, 1979: 60).

For doing this research, the researcher uses Anna Godbersen's *Splendor*. *Splendor* is a novel written by Anna Godbersen in 19<sup>th</sup>

century. It is a kind of adult novel that had been written using women as the main characters. There are complicated problems appear in this novel such as; love, infidelity, and criminal. It has shocking revelations and unexpected ending. It is a new work of Anna Godbersen. Therefore, the analysis that the researcher finds is about the general discussion; the story line, the general problems of all the main characters, upper class behavior of the ladies. There is no analysis about one of the characters deeply using branch of literary criticism. Considering to these reasons, the researcher is interested in taking psychological problem of Elizabeth Holland as a substance to have deeper analysis in this novel.

Elizabeth Holland has serious psychological problem. Her personality is a perfect woman according to society at that time. However, behind her perfect behavior, she undergoes anxiety. Her anxiety is caused by the threat of her second husband, her environment which presses her to have an attitude proper upper-class. As adult woman who got married twice, does not make her happy. Through her second marriage she experiences bad conditions such as; she lost her father and her first husband when she got pregnant, then she should get married again for saving her family prestige, and she must accept a fact that the murderer of her father and her first husband is her second husband. After knowing the truth, her second husband tries to kill her and her baby. Her fear and worry put her in a deep



anxiety which pushes her in irrational thinking. She is afflicted with her anxiety and in the other day; she kills her second husband without purposely. She kills him for protecting herself and her baby because she knows that she will be killed first after knowing the truth. For that situation, the researcher wants to analyze the psychological conditions of Elizabeth in which causes her anxiety and her defense mechanism as the way to reduce her anxiety.

For the previous studies, the researcher does not find any research that uses this novel. However, there are several previous studies using the same approach. Those previous studies are: firstly, *“A Main Character Analysis on Anxiety and Defense Mechanism in Bridge to Terabithia Novel”*, this research is written by Nuraeni who is from State Islamic University of Jakarta. She analyzes two characters. Jeese Aarons has neurotic and moral anxiety. He uses displacement, behavioral withdrawal, fantasy, denial and sublimation as his defense mechanism. The second character is Leslie Burke that has neurotic anxiety. Her defense mechanism is fantasy. Secondly is *“Victor Frankenstein’s Anxiety and Defense Mechanism as Depicted in Mary Shelley’s Frankenstein”*. This research is written by Oktaviani Arnanta Putri from Brawijaya University. Her research analyzes Victor Frankenstein the reality and neurotic and moral anxiety. He uses repression, reaction formation, and projection as his defense mechanism. The last previous study is *“Anxiety and Defense*



*Mechanism of George Milton in Pursuing the Dreams as Portrayed in John Steibek's of Mice and Men*”, it is written by Setyorini Kholidi from State Islamic University of Yogyakarta. His research analyzes George experiences realistic and moral anxiety. He uses repression, rationalization, and fixation as his defense mechanism. The similarities of these researches are using anxiety and defense mechanism of Sigmund Freud theory to analyze the character in the novel. These researches are begun with the kinds and the causes of anxiety in the characters. Then, they use defense mechanism as the way to reduce the anxiety. The researcher begins this research with showing the kinds of Elizabeth’s anxiety. Then, the researcher explains the causes of her anxiety. Next, the researcher elucidates her defense mechanisms as the way to reduce her anxiety. The similarities between this research and those researches are using Freud’s anxiety theory as the tool for the analysis. The difference between this research and those researches is the novel and the character that are used for analysis.

The researcher really believes that this research will give beneficial to the readers because this study will give the readers suggestion how to face the psychological problem in the real life. The researcher thinks that this novel is good to be known to the readers because all of the main characters of this novel are women which have been described with different psychological problems that are very

complicated problem. It has unique and unpredictable story that makes the readers surprise because the story line is different with readers imagination. It is like describing the true social condition where people live.

Considering the former reasons, the writer is interested in conducting a study entitled “*Anxiety Suffered by Elizabeth Holland in Anna Godbersen’s Splendor (A Psychological literary Criticism)*” which is aimed to describe the anxiety suffered by Elizabeth Holland, viewed from Sigmund Freud theory of anxiety.

## **1.2 Research Questions**

Related to the background of the study the research questions are formulated as follows: 1. What are the kinds of anxiety suffered by Elizabeth Holland described in *Splendor* novel. 2. What are the causes of her anxiety? 3. What are the defense mechanisms she underwent in reducing her anxiety?

## **1.3 Objectives of the Study**

The objectives of the study in this research are to understand Elizabeth Holland’s anxiety and to serve the best answers based on the problems of the study above. Those are: 1. To find out the kinds of anxiety suffered by Elizabeth Holland in *Splendor* novel. 2. To

explain the causes of her anxiety. 3. To find out the defense mechanisms she did in reducing her anxiety.

#### **1.4 Scope and Limitation**

This research specifically discusses Elizabeth Holland's anxiety that shows his feeling fear and worry about her psychological problem that makes her under control in her attitude. The researcher focuses on identifying the kinds and the causes of Elizabeth Holland's anxiety and her effort to reduce her anxiety in general.

In addition, the climax condition of Elizabeth's anxiety makes her cannot act normally and think rational. Therefore, her anxiety that makes her pinned has put her in an unpredictable situation such as killing her second husband without purposely.

Meanwhile, the other information which does not have relation with the topic, anxiety suffered by Elizabeth Holland, is not discussed in this research for instance the psychological condition of the other characters, the chapters which do not show the Elizabeth's anxiety which has not any relation to the topic and others are not discussed here.

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

Significance of this study has in prospect both theoretically and practically. Theoretically, this study aims to contribute method to develop the study of literature about those are related to the

psychological aspect of human life, especially in this country and of course in Maulana Malik Ibrahim State Islamic University of Malang. The study is hoped to enrich the understanding of psychological problems that actually can be seen from many points of view. Moreover, this study aims to contribute the knowledge and enlarge our science in the field of literary studies.

Practically, the researcher hopes that this research must be beneficial to give the public education about actually happens in the real life. The researcher hopes that this research can help the reader to understand the psychological conditions which do not only happen in the reality but also in literary work since literary work believed as a mirror of psychological phenomenon in reality. Hopefully, this study can be continued to the deeper analysis about psychological problem phenomena in various points of view.

## **1.6 Research Method**

This part presents and discusses the research method, which contains research design, data source, data collection and data analysis.

### **1.6.1 Research Design**

This research is included in literary criticism since it conducts literary analysis in the discussion. This research uses psychological analysis in literature that uses novel as the object study. Regarding the

novel as the object study means there is no any part of discussion which analyzes the author and the reader.

In psychological criticism, there are many psychology theories. One of them is psychoanalysis of Sigmund Freud which makes subconscious as the basic theory. Psychoanalysis is the study of literary works which is believed to reflect the proces and mental activities (Endraswara, 2003: 96). Freud divides the existence of soul to three parts; conscious, preconscious, and subconscious. According to him, the dominant of human mind is subconscious which consists of encouragements, longings, feelings, attitudes, thinking or instinct which is under controlled by desires (it is included in Id).

In this research, the researcher uses anxiety theory of Sigmund Freud. Anxiety is a result from the conflict of subconscious which is from a conflict between the impulse of Id, and the resistance of Ego and Superego. Anxiety is the situation or condition which can be a threat for the pleasantness of organism which is assumed to create a condition. A conflict between the aspects of personality can cause anxiety and stress.

### **1.6.2 Data Source**

The data has been taken from the literary work; Anna Godbersen's *Splendor*. The data presented in form of words, phrases,

and sentences of the novel indicated the anxiety suffered reflected in the novel.

*Splendor* is a novel written by Anna Godbersen which has 161 pages and 45 chapters. The publisher is Harper Collins (Australia). This novel was published firstly in 7<sup>th</sup> January 2010. It was published in Canada, Australia, UK, US, New Zealand and the others.

This novel contains of 45 chapters which based on every main characters' point of view. First main character is Elizabeth Holland, through this novel story, she tells about her dilemma with her second husband after losing her first husband and her father. The second character is Diana Holland, she tells about her escape to the other country just for seeing a person that she loves. The third character is Penelope Schoonmaker, she tells about her deceit with Prince Batavia behind her husband. Fourth character is Carolina Broad, she tells about her failure marriage because she does not be honest about her past to her husband. Fifth character is Snowden, he tells about his ambition to control Elizabeth Holland assets. Sixth character is Teddy, he tells about his struggle to save Elizabeth Holland from her husband ambition for controlling her assets. Seventh character is Henry, he tells about his struggle to be with his love Diana and divorcing his wife Penelope. Eighth character is Leland. He tells about his dissatisfaction to Carolina for not telling the truth about her past. This novel generally talks about a story love from each character which

causes anxiety suffered by the characters. Although it talks about love story the author makes a kind of flashback story of each main character in telling the story. Thereby the readers can understand well about their life problems. Moreover, this novel contains of many main characters that have their own story that are related to each other to make this novel more interesting. Although this novel has many characters that has different story and psychological conditions, the researcher only focuses on Elizabeth Holland's anxiety.

In chapters 2, 7, 12, 16, 24, 30, 31, 38, 40, 43, 46, it consists of the Elizabeth's story which is begun her new life with her second husband (Snowden) in new home in Madison. Their marriage is not known as a love marriage. Their marriage is for help each other. Elizabeth needs him for saving family pride because her first husband (Will Keller) is dead and she is in pregnant. Her second husband marries her because he wants to dominate her wealth. Finally, his ambition is known by her. He tries to make her keeps her mouth. Therefore, he threatens her by using a poison that can make her paralyzed. These conditions make her feel anxious. Her anxious is signed with fear, worry, tremble, sweat and her heart beat fast. Her anxious makes she cannot think rational again. When she is pinched because of her anxiety, it makes act normally. Then, it put her in panic situation that finally kills him without purposely.

In chapters 1, 6, 9, 11, 14, 19, 25, 27, 35, 36, 44, these chapters tell us about the effort of Diana Holland to find her love Henry. She travels to the other countries to look for him. She meets him in Cuba. After meeting him, they come back to New York. Their arrival to New York does not make them happy. They cannot meet intensively like in Cuba. They plan to escape together to California. It cannot happen because when, he tells to his father that he wants to live with her, his father is very shock and make his father passes away. Therefore, Diana goes to California alone.

In chapters 5, 18, 20, 23, 29, 34, 41, 45 these chapters tell us about Penelope. She is Henry's wife. She does not have his interest. He prefers Diana than her. This condition makes her deceptive him with Prince Batavia behind him. After doing that, Prince Batavia leave her. And Henry cannot live together with Diana as his hope.

In chapters 4, 8, 13, 17, 21, 26, 33, 37, 42 these chapters tell us about love story between Carolina with Leland. They plan to marry but their marriage fails because Carolina hides the truth of her past from him. She is not ordinary person that is from upper class. She is actually a servant. This truth that is hidden for the first time they met cannot be accepted by Leland. Therefore, he cancels their marriage and leaves her.



### 1.6.3 Data Collection

The data in this research is taken from the novel *Splendor* by Anna Godbersen. The data of this study are obtained from the following steps:

The researcher reads the novel using the pencil to give sign of the important explanation of the story specifically that consists of Elizabeth's psychological problem. The first reading is done for knowing the story. Then the researcher focuses on depicting Elizabeth through the author's characterization in the novel. After knowing it, the researcher identifies the conflict which is faced by her. To make sure about the conflict, the researcher repeated the reading process again and again.

After reading processes have been done, the researcher begins to identify the part which shows the problems and effects of anxiety which is suffered by Elizabeth. The kinds of anxiety that is suffered, the causes of her anxiety and her defenses mechanisms which are used by her for reducing her anxiety are becoming the object that the researcher would like to find in this novel.

Later than regarding the kinds of Elizabeth's anxiety, the researcher tries to insist for finding what kind of psychological character Elizabeth truly is. The researcher is absolutely in charge of

looking forward to the existence of her through her life story in the novel.

Next, the data which are going to be taken from the content of the novel is argued to be related to the personality problem of Elizabeth Holland. Finally, the researcher will clarify the required data to answer the problem of study.

#### **1.6.4 Data Analysis**

After the data had been gained, the researcher starts to analyze the data. The researcher uses some steps to analyze the data as follows. First, the research reads for knowing the story line. Then, the researcher continues reading for knowing the general conflict of the story. Next, the researcher focuses to read Elizabeth's story. For this reading, the researcher does it again and again to identify her psychological problem. The researcher gives underline to the data that is needed to the analysis.

Second, the researcher reads the references that give understanding about anxiety and defense mechanisms theory. The researcher gives sign to the important information in these references that relates to this research. After that, the researcher classifies the story line that shows Elizabeth's anxiety and her defense mechanisms. Then, the researcher read the references again to make sure that the

data is needed for analysis. Next, the researcher tries to apply the theory based on statement of the problems.

Third, the researcher begins to analyze the data based on the classification of the problems. In analyzing the data, the researcher reads about the story again and again then, the researcher examines to make sure that the references are suitable with the analysis. For classifying the data, the researcher begins with the kinds of anxiety that is suffered by Elizabeth included her Id, Ego and Superego. Then, the researcher analyzes the causes of her anxiety. After that, the researcher discusses her defense mechanisms for reducing her anxiety.

Finally, the researcher makes the conclusion based on the researcher's discussion. To conclude the analysis, the researcher reads again from the beginning until the end of the chapter while correcting the analysis. The last, the researcher writes the appendices that make easier the reader to know the important parts of the novel that are included in the analysis.

### **1.7 Definition of Key Terms**

In this research there are several terms that appear. In order to avoid misinterpretation of the terms, the researcher describes the definition of each term.

- Psychological Analysis

Psychological analysis is an approach that analyzes the psychological condition of the character in a literary work (Hardjana, 1994:66).

- Anxiety

An unpleasant emotion that has symptom such as worry, fear, and jittery which they all can be felt in different level (hilgard,et al.,1983:212)

- Defense Mechanism

Defense mechanism: Ego function to defend itself against anxiety and conflict by obstructing it to be subconscious level (Zafiera, 2007:98).

## CHAPTER II

### REVIEW OF RELATED LITERATURE

This research focuses on the analysis Elizabeth's anxiety suffered in *Splendor* novel. Therefore, theoretical framework is drawn here in order to have deep understanding to the whole concepts of this research.

#### 2.1 Psychology and Literature

There is a close relation between psychology and literature. Hilgard says that "psychology may be defined as the science that studies behavior of man" (1983: 100). Actually there are many definitions which say about psychology. All of them refer to the definition that says psychology is a psychic study about human behaviors. It happens because behavior is a real thing that can be seen directly, while psyche is an abstract. It is believed that by observing someone's behavior, it brings to understand about the psyche condition. There is no doubt that generally all of people will express their psyche condition toward acts which can be seen clearly by other people. Briefly, we can understand someone's characteristic and psyche condition through his behaviors in life. Moreover, psychology is also concerned to the study about psychological phenomenon of human, its symptoms even its causes (Abu Ahmadi, 2009: 150).

Psychology seems attach to the human psyche, reaction of the psyche through behaviors and its causes will be analyzed deeply in this science, human's problem also can be solved by the appearance of this study. Those all have no aimed except for serving the tranquility life.

Literature is believed as the representation of real life which is expressed through the language as medium. There are many kinds of literature which can be seen clearly through the beautiful language, the aspect of entertainment, and also the value. Literary work such as poetry, drama, and novel are believed as reflection of a real life through a language as medium, they have kind of communication between the author and the readers. The reflection of real life also can be seen from psychological aspects inside. Literary work especially novel is assumed has some characters that show their psychological condition as what truly happens in human being's psychological condition in real life.

Through the characterization, the aspects of psyche can be expressed clearly. How the way the author expresses and also how the way the characters' play actually cannot be separated from the role of psychology. Therefore, problems which appear in literary work have similarities with the condition in real life. It is appropriate with opinion which says that literary works is a mirror a real life. Both of the mirror that in the real life and a mirror in which has combined with the author imagination (Siswanto, 2005:19). Although there is a clear

difference between psychology and literature, yet, they have similarity that are both of them start from human and life as the object of the analysis. When talking about human, psychology is closely related because psychology learns about humans' attitudes then human attitudes cannot be separated from aspects of life (Wiyatmi, 2007:107). Begins with the same object between psychology and literature, it produces a new analysis which is called literary psychology. Literary psychology is an interdiscipline between psychology and literature (Endraswara, 2011:116). Literary psychology gives the best attention to the problems which relate to fictional character's psyche which includes in literature. Analysis of literary psychology can be done in two ways. First, through the understanding about psychological theories then make an analysis of the literary work. Second, by determining a literary work first as the object of analysis then determine the theories which relevant (Ratna, 2007:344).

In doing psychological criticism, there are three ways that include in analysis. First, a researcher can analyze about the writer's psychological condition when he creates literary works. Second, a researcher can analyze to the characters' psychological condition in the literary work. The last, the researcher can analyze about the readers' psychological condition while reading literary work (Endraswara, 2011:110). When researcher does a psychological

analysis in literary work, indirectly he will apply the theory of psychology. The psychological theory will help him in analyzing deeply about the psychological phenomenon which helps him in analyzing deeply about the psychological phenomenon which expressed. Nevertheless, when a researcher applies the theory, he has to relate and attach it with the plot or content of the story in the literary work, thus the researcher does not stuck only on the psychological theory. A researcher has to stay on the relation with literary work and forbidden to analyze outside literary work.

## **2.2 Psychoanalysis – Sigmund Freud**

Psychoanalysis theory is presented Freud for the first time in 1890 and 1939. He is the first person who depicts human subconscious. His idea about personality's theory comes from his personal experiences with his neurotic patients. According to him, most of action and feeling which is expressed by his patient is impossible from their conscious, but it is from subconscious. He thinks that subconscious is a determining factor which is very important and dynamic. He divides the existence of soul to three parts; conscious, preconscious and subconscious (Hilgard et al: 90).

The content of subconscious is encouragements, longings, feelings, attitudes, thinking or instinct which is under controlled by desires. It can be pulled if it is in conscious condition and it is not tied



by logical laws. It also can be restricted by time and place.

Subconscious stimulates the biggest part of human feeling and action.

Freud said that the existence of subconscious can be proved indirectly.

According to him, subconscious is the explanation of the meaning of dream, mispronunciation and the kinds of forget. He also believes that childhood experiences can appear in adult dreams; moreover, the dreamer cannot remember it consciously (Adler & Roman, 1991:25).

Not all those subconscious process appear from childhood experiences. Freud believes that most of our subconscious is from our ancestor experiences which have been bequeathed in the first generation to the next generation through repetition process. It is called as phylogenetic endowment (Freud, 1917/1963). Subconscious is not inactive. The stimulus of subconscious always tries hard to be realized. And most of them can go inside to the conscious. For example: the angry feeling of a child to his father can wrap up in fondness shape superfluously when it is not concealed. This angry feeling will make child feels anxious. Therefore, his subconscious motivates him to express it through his much love and flattery. In order to make that hidden feeling to be successful to play trick on that person, that feeling will appear in the different shape with the true feeling, but it always appears in superfluously shape and full of pretense (Hilgard et al 1975:400).

Preconscious contains all of the elements of subconscious, but it can appear in conscious (Freud 1933/1964). This preconscious consists of two sources, firstly; perception. What is represented by people consciously in the short time will go inside to subconscious in the short time. Then it will continue to the conscious while the focus moves to the other focuses. The stimulus which can enter and exit to the conscious and subconscious is the stimulus which is freed from anxiety. The second source of conscious is subconscious. Freud argues that impulse can slip away from the tight censor and go inside to the subconscious which become a hidden shape. We never realize these stimuli because when we realize them are from subconscious we will feel more anxious. Therefore, the final censor will work to press these situations that affect the anxiety feeling to come back to subconscious, while the other stimulus which is from conscious can come inside to subconscious because they has been concealed in the different shape like dream, mispronunciation, or it can be as strong defense mechanisms (Abrams, 1979: 80).

The role of conscious is not quietly important in psychoanalysis. Conscious is defined as mental elements which are always in consciousness. There are two doors in conscious which can be skipped by stimulus. First, it can be through conscious perceptual system; it can be opened for the outside of the world and has function as intermediary as our perception from the outside stimulus. In the other

word, everything that have been felt from our senses and have not been considered as threat can come inside to conscious. The second source of conscious comes from the outside stimulus but it is still in conscious condition which is not considered as threat or it comes from subconscious condition which can make anxiety condition. When it comes to the conscious, it will change their shape to defensive action or in the dream (Hilgard et al 1975:450).

### **2.3 Structural Personalities by Sigmund Freud**

In the major part of personality which is totally subconscious in psychic region called Id. Id is a component which is totally admitted by personality. Id does not have a contact with the real world. But Id always tries to stifle a stimulus by satisfying the basic of desire. Id has a function to get satisfaction so that we call it pleasure principle. In Id, our childhood longing never changes until in the next years. Because it is not real and always finding pleasure, Id is not logic and it is able to satisfy a contradiction. In summary, Id is primitive region, convoluted, and cannot be reached by conscious. Id never wants to be changed, it is amoral, not logic, cannot be organized and full of energy which is from basic stimulus that is poured out to satisfy pleasure Principle. As a region of basic stimulus, Id operated based on primary process. Because Id defends with pleasure Principle view, therefore, it depends on development secondary process which makes it can

connect with the outside world. This secondary process is done by Ego (Endraswara 2003: 100).

Ego is a mind region which has a contact with the reality. Ego develops from Id. Ego becomes the only source for someone to communicate with the outside of the world in infancy. Ego is controlled by reality principle, which tries to change Id pleasure Principle. As the only one of mind region which can communicate with the outside the world, therefore, Ego takes executive role or as a taker decision of personality. Most of Ego part is a conscious, preconscious and subconscious, therefore, Ego can make decision in these three levels. When it operates cognitive and intellectual function, Ego has to consider between Id analogical request and ambivalence with Superego (Abrams, 1979: 80).

Superego represents moral and ideal aspects which is different from Id pleasure Principle and reality Principle Ego. Superego develops from Ego and as like Ego, it does not have its own energy source. It is a different from Ego in one thing; Superego does not have a contact with the outside of the world. Therefore, Superego's perfect petition becomes unrealistic. Superego has two subsystem consciences and the ideal of Ego. Conscience is born from the punishment experiences which are from inappropriate behavior and teach us about many things which are not done. Moreover, ideal Ego develops from

reward experiences which are from appropriate behavior and direct us to many things that we should do. Superego watches over Ego strictly, it appraises Ego actions and remorse sense appears when Ego tries to contradict with Superego moral standard. Therefore, remorse is a function from conscience while inferior feeling is being routed by ideal Ego (Freud 1933/1964).

Superego does not consider the obstacles or impossible things which cannot be faced by Ego for doing Ego's command. Superego dominates personality through compunction and inferior feeling. Ego and Superego sometimes alternate to control personality. Therefore, it causes mood fluctuate extremely and appears a cycle where a confident and gives punishment feeling to somebody. In health individual, Id and Superego is integrated which has a good function and making a harmonic operation with the minimum conflict (Hilgard et al 1975: 420).

## **2.4 The Concept of Anxiety**

Anxiety is effective situation which makes unexcited feeling and it is followed by physic sensation which can remind someone of dangerous situation (Freud 1933/1964). Lazarus (1976) differentiates anxiety from its causes: a). state anxiety is a reaction of emotion which appears in certain condition that can be felt as threat. For example: following the operation process etc. This situation is

determined by tight and subjective feeling. b). Trait anxiety is deposition for being anxious in facing various situation. Ego is the only thing that can feel anxiety sake. Freud divides anxiety as three parts: 1). Neurotic anxiety, is a fear of an undetected danger. That feeling is form in the inside of Ego. But the source is from Id. In the childhood experiences, hostility feeling is often followed by a fear of punishment, and this fear develops as neurotic anxiety without unrealized. 2). Moral anxiety, it happens because there is conflict between Ego and Superego. It happens if we fail to do what we consider as a good thing according to moral value. 3). Realistic anxiety or objective anxiety is almost similar with fear. It is defined as an unhappy and unspecific feeling to danger which has possibility to happen. Moreover, it is different from fear because it does not have specific fear object (Adler & Roman, 1991:35).

Anxiety has a function as mechanism which protects Ego. It gives a signal to us if there is a danger or no appropriate action that make the danger will increase until Ego can be defeated (Freud, 1964). Anxiety cannot be controlled by effective action which is called by traumatic. It will make a person in incapability and childish condition. Freud said that anxiety is caused by an incapability feeling (Project for Scientific Psychology, 1895).

Adult neurotic develops symptoms to control them from threat which are assumed as life threat as like when their mother leave them in infancy. In the other hand, the symptoms of unconsciously replace everything which cannot be arrested by conscious. If Ego cannot defeat anxiety with rational way, it will come back with irrational way. Freud argues that anxiety will decrease as an incapable experience and as long as will be a sign of avoiding danger (Freud, 1933/1964).

### **2.5 The causes of anxiety**

Deffen Bacher and Hazaleus (Register, 1991:100) argues that the causes of anxiety are 1). Worry, it is a negative thinking about his self. It is like when a person has negative feeling of his attitude is not better than his friends. 2). Emotionality, it is a reaction for his self toward autonomy nerve stimulus like the heart beat, cold sweat, and tight. 3). the obstacles and obstructions for finishing task is a tendency which is experienced by someone that makes him being oppressed because of task rational thinking. There are two factors that can cause anxiety: 1). Negative experiences in the past, these experiences are not a good experiences and it can happen in the future. 2). Irrational thinking, psychologists discuss that anxiety does not happen because of the situation. It appears because of the belief about the situation (Adler and Rodman, 1991:30).

Freud has explained that the term of anxiety can be classified because of the conflict between Ego and Superego, yet, problems outside also have a big role in producing anxiety, it can be a threat, environment, repression, frustration, gender, fear, response, age, and desire conflict. in this case, the character in this novel also have problems outside which cause her has a conflict between her Ego and Superego that bring her so guilty (Freud, 1964).

### **2.5.1 Threat**

The awareness of the treat that will happen to his self physically or physic. This threat can be from the inside feeling of person or it can be from the outside person. From the inside feeling is like when there is a kid who has watched horror movies that is not his time to see it in his age it make him feel the horror movies that have been seen by him is seemingly happen, although, it is only his worry. From the inside person is like when there is person who feels there is danger comes like when he is alone in his home and he is scary if there is thief comes to his home then kill him (Adler and Rodman, 1991:50).

### **2.5.2 Environment**

The condition of environment makes a person influences his life, especially: the attitude and behavior. Such as: a person who lives in upper class environment will have different behavior and attitude



from a person who lives in proletariat class. This difference makes the difference in the way he solves his problems (Baso, 2000 : 6).

### **2.5.3 Repression**

Human is social creature. He needs to socialize with the other people. In making communication it is not easy. Sometimes they will misunderstand about something. This condition makes there is violence that is done by some people. Like when there is a person who feels he is stronger, smarter, more reach, than the other they will use their authority to torture the other person. It can happen when he is envious with the other person who has a better life than him Experience (Adler & Roman, 1974:125)

### **2.5.4 Frustration**

All of human live for fulfilling their necessities. They can be a good fancy or a bad desire. When they can have what they want, they will be satisfied. On the contrary, when they cannot fulfill them they will be upset. This sadness can put them in to frustration. This condition will experience since they are children until they are adult. If this condition is not handled soon, they will be in acute anxiety (Myers1983:190).

### **2.5.5 Gender**

Related to the men and women anxious, Myers (1983) in Trismiati (2006) said that women are more anxious in her inability than men. Men are more active, explorative, and women are more sensitive. Another research shows that men are more relax than women (Notoatmodjo, 2003:180).

### **2.5.6 Fear**

A fear of something will cause anxiety. Such as: a fear of failing the examination, fear of breaking the rules, etc. moreover, a fear without reason will cause an acute anxiety (Myers,1983:100).

### **2.5.7 Response**

Trismiati (2006) argues that the person's ability scrutinizes the capacity of stimulus that will influence the appearance of anxiety (Myers ,1983:130).

### **2.5.8 Age**

A person who is getting old will have many experiences. Therefore, his knowledge increases. Because his knowledge increases, a person will be more ready to face something (Notoatmodjo, 2003:150).

### **2.5.9 Desire conflict**

There is conflict between approach desires with avoidance desire. Approach gives the satisfied feeling. Avoidance gives unsatisfied feeling. There are three kinds of desire conflict: 1). the conflict between approach and approach. This conflict appears because there is the similar satisfied feeling that cannot be done together then it causes anxiety. 2). The conflict between approach and avoidance. The desire for doing something is the same with the desire for avoiding something. 3). The conflict between avoidance and avoidance. The conflict which is caused by two choices will have the result to do not do something (Myers 1983:120).

### **2.6 Self Defense Mechanism**

Defense mechanisms happen because there is a shifted feeling or an impulse which looks for a substitute object. Freud uses defense mechanisms term referring to subconscious process of a person for reducing his anxiety, this mechanism protects him from external threaten or the impulses which appear form the inside of anxiety that contort the reality anyway (Hilgard, et, al 1975:442). The major function of anxiety psychodynamic is to help someone to refuse instinctive impulse which is not intended to come inside to subconscious and gives a satisfaction feeling to impulse indirectly. Self defense mechanisms help to make that function to be executed

and protect a person from the superfluous anxiety. According to Freud, self defense mechanism is a strategy which is used by a person to defend Id impulse expression and resist the pressure of Superego. He believes that most of people use more than one defense mechanism together to protect them from their anxiety. People usually use some defense mechanisms together or alternating which is suitable with the kinds of threat (Freud, 1933/1964).

Freud uses defense mechanism term refers to subconscious process to defend the anxiety. This defense protects a person from external threats or impulses which is from internal anxiety with contorting reality using all kinds of ways (Hilgard, et, al., 1975:442). The function of defense mechanisms is to deny and distort reality which is too hard and painful to bear. It has function to protect the Ego from the overwhelming anxiety. According to Freud, controversy of the desire of personality theories can produce anxiety. For example; when Ego arrests Id desire to achieve his pleasure, the anxiety will be felt from the inside. This condition spreads and causes uncomfortable condition when Ego feels Id can bother to a person. According to Freud, self defense mechanism is a strategy which is used by a person to defend Id impulse expression and resist the pressure of Superego (Freud, 1933/1964).

### 2.6.1 Suppression

Repression is incapability condition for remembering situation or person or scary event. When Ego is threatened by Id which is not intended, Ego will protect himself with representing that stimulus by forcing the threatened feeling in subconscious condition. In repression, the longing will be released from consciousness condition (Freud 1926/1959a). It is like traumatic memory and threatened condition which has threatened individual then he buries it in his subconscious and saves it in his mind. It is playing most of role in the other defense mechanisms which needs releasing constant energy to defend a dangerous situation in the outside subconscious. Freud for the first time recognizes this defense mechanism in his therapy. Then, when he has done the therapy for some weeks and months to his patients, they will recall their traumatic experiences from their past which are absolutely in their mind. Their past traumatic experiences are in the outside of their conscious. Freud argues that in the beginning they will undergo those experiences consciously, and then because of those experiences are very traumatic, they will press it. According to Freud these traumatic experiences are an enough proof to build the reality of repression. Most of them disposed to press the experiences which cannot be accepted by them (Adler & Roman, 1991: 45).

### 2.6.2 Sublimation

Sublimation is changing dangerous stimulus to be a positive motivation which can be accepted in social (Loewald, 1998). In this defense mechanism, the first gratification object is changed by the higher cultural purpose which is very different from direct expression from that instinct. In sublimation, instinct is changed become a new useful gutter. Here, Ego must not defend constant output energy to prevent the resignation. Freud (1926/1959a) also uses displacement to call neurotic symptom replacement with the others. As like Leonardo Da Vinci who likes painting Madonna as his sublimation for missing his mother which has passed away when he is still young.

### 2.6.4 Displacement

Displacement is converting the objective fear or subconscious desire of somebody or converting unhappy feeling of the object to the other object which is more possible. An example, there are negative impulses which are replaced as a patsy for a person or the other objects which they are not a frustration source, while it will be more safety as a target. For example: there is a guy who beats his wife or kicks his dog after being embarrassed by his boss. Placing his wrathfulness to his dog signs that there is feeling to kill his boss which is not appropriate and then he releases his anger to his poor dog. It can be called as hydraulic displacement model; it is an explanation for

oppressed feeling which piles up like a vapor in kettle and it must be released (Abrams, 1979: 70).

### **2.6.5 Rationalization**

Rationalization is a mechanism which involves giving logic explanation to the true attitude which is actually pushed by subconscious motive inside us. Psychoanalysis can recognize for our explanation about our attitude is not always related with the true causes. It has two functions, firstly, to decrease the satisfaction feeling when we fail reach our purpose; second, giving accepted motive for the attitude (Hilgrad, et al., 1975:443-444). It happens if there is real motive from individual attitude which cannot be accepted by Ego. This motive can be changed by kind of substitute motive for correction aim. For example; a girl who is not invited to the party will say that she will not go although she has been invited because there are people who are hated by her in that party (Hilgard et al, 1975: 440).

### **2.6.6 Reaction Formation**

Reaction formation is the process to throw out threatened longing with focusing to the other thing which becomes the opposite of the actual of his action and his mind. According to psychoanalysis, the basic of Id longing from those persons actually direct them to act

which is not appropriate with their religion. Therefore, their identity will be in danger, and the Ego will deviate it and make them to the opposite of their longing. Freud argues that most of people who is like having moral, actually they try hard to fight their immorality. Such as: people who proud of to do not serve alcohol in their house actually they are motivated by their desire to drunk (Adler & Roman, 1991: 70) .

### **2.6.7 Projection**

Projection is defense mechanism where there is an impulse which is caused anxiety was dropped out by directing the anxiety or predicting it the other, these threats which are from the inside of persons dispersed to another people. It means that threat which is from his self is attributed to the people who are around him. People do not feel comfortable to face ambiguity and uncertain condition that is disposed to more conservative, while they disposed to have more little necessity for liberal regularity and concealed condition ( Jost, 2003).

Reality anxiety usually is easier to be handled than neurotic or moral anxiety. If the anxiety source can be found in the outside world and not in primitive impulse or in his conscience, the anxiety will be easier to be defeated. In projection, people is enough to say “he hates me” as a substitute of “I hate him” or “he always threatens



me” as a substitute of a conscience “I always disturb him” (Abrams, 1979: 60).

#### **2.6.8 Aggression and Apathy**

Aggression is an angry feeling which is connected with stress and anxiety that can go straight on destruction and fight. It happens because there is angry feeling which is caught with suspense and anxious that can go straight on destruction and attacking. It can be direct aggression and displaced aggression. Direct aggression is aggression which is expressed directly to somebody or object which can be frustration source. For adult people, this kind of aggression usually is verbal not physical. For example: offended victims usually will response it. Aggression which is diverted is if somebody feels frustration, nevertheless, he cannot express it complacently to that frustration source because it is not reality. The doer does not know where he has to fight, while he needs something which can be his releasing. The fighter sometimes goes toward to innocent people or finds a patsy (Hilgard et al, 1975:436).

Apathy is the other shape of frustration reaction. It means that the attitude to pull his self to the problem which he gets and he seemingly surrenders to his destiny.

### **2.6.9 Fantasy and Stereotype**

When our problems in piles, sometimes we find a solution by coming to the fantasy, solution that is on the basis of fantasy more than reality. For example: a starving person imagines a delicious food by collecting various meal pictures (Hilgard et al, 1975:430).

Stereotype is the other consequence from frustration. It shows the repetition of action. In this case, the person will repeat his useless action and weird. (Hilgard et al, 1975:438).

### **2.6.10 Denial**

Denial is defense mechanism which usually appears to reject admiring a stimulus that makes anxiety (Baumeister, Dale & Sommer, 1998). Denial is relevant with repression, but in this manner, the person who is to be concerned does not want to accept the reality. It can be accepted as a mechanism in a short time. But it also can be dangerous if the situation never can be faced gratify. However, sometimes it appears to adult people who feel stress or heavy pain when they usually ignore the aspects of a situation; for example: there is someone who said to his friends that a great conflict between his couple only a simple conflict (Abrams, 1979: 80).

### **2.6.11 Introjections**

This mechanism works as the way to bring the other personality to go inside to yourself, in that manner, you will be able to finish a problem feeling which disturbs you. For the example: there is a woman that has been left by her husband death, she started to wear her husband clothes which is absolutely not suitable with her. She also begins to do her husband behaviors when he was alive such as smoking. Moreover, people who live besides her have said that her action is weird and they suggest stopping her attitude for being man but she does not care with what they have said about her attitude (Hilgard et al, 1975: 380).

### **2.6.12 Isolation**

Isolation is also called intellectualization. This mechanism precedes the replacement of the emotion that is from fear memory. To make an issue of affective with cognitive component, neurosis symptom, compulsion obsession, where the stimulus cannot be accepted the Ego resists in conscious without satisfaction feeling. When thinking follows that instinct, feeling and stimulus of the action will be inactive, and it will be thinking obsession, feeling obsession or obsession compulsion. Example; when there is someone in Cinema where all audiences laugh because the movie is funny, but he just keeps silent and feels not to be noticed (Abrams, 1979: 80).

### 2.6.13 Asceticism

Asceticism is defense mechanism which is rarely to be known by people, but it can be relevant in this era because there are many anorexia disorder sufferers. It is a serious illness which often makes the sufferer often resulting in dangerous weight loss in which a person, especially a girl or woman, does not eat, or eats too little, because they are fearful becoming fat. Anna Freud said that people feel lose their interest from one of their life aspect and they give their attention in the other aspect. This is their way to avoid the reality. For example: a teenager guy is afraid to be embarrassed in football team will force himself to like poem (Adler & Roman, 1991: 60).

### 2.6.14 Identification

Identification is the shape of introjections which focuses in the adoption; it is not from positive side but negative side. In general, identification is not realized and it does not need totally. Someone does it just for condition which is considered to help for reaching self aim. Sometimes, it is difficult to determine which one of the characters that make him success. Therefore, he has to try to identify the tension. For example: when he feels fear with the other person he will defeat it by pretending like that person. Identification is usually used for three reasons: 1. It is a way to find back the lose object. 2. Identification is used for fear feeling. 3. Through identification,

someone get the new information by verifying mental imagination with the reality. The process of identification is very important in dynamic and development personality, if people have to try to reduce the tension with trying it by them, may be human never enough to develop for independent creature function (Abrams, 1979: 60).

#### **2.6.15 Fixation and Regression**

Fixation is the delayed of normal development in definite development phase because the next development will be difficult, therefore, it can cause the strongly frustration and anxiety. Somebody will choose to stop in definite development phase and refuse to stay forward because he feel satisfaction and safety in that phase; because of the impulses in that tension, the fixation can be calmed down continuously. Anxiety and frustration for financial independent can make teenager who lives with his parent make him depend on much to them. People usually stay back to the phase where they have been done fixation before. If they depend on much like when they are child, therefore, they will depend on again whenever their anxiety increase until in the endured phase (Abrams, 1979: 90).

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

The direction of regression usually is decided by fixations which have been done. It means that someone usually does regression to development phase where he has been done fixation. When we face difficulty or fear, our behavior often becomes childish. For example: a kind farmer will be rude when he knows that his field will be building project (Hilgard et al, 1975: 390).

In general, fixation and regression are relative condition. Somebody rarely undergoes them totally. On the contrary, personality disposed to include infantilism; the kinds of behavior which is not mature and showing childish behavior for facing threat.

## **2.7 Previous Studies**

For the previous studies, the researcher does not find any research that uses this novel. However, there are several previous studies using the same approach. Those previous studies are: firstly, “A Main Character Analysis on Anxiety and Defense Mechanism In *Bridge to Terabithia* Novel”, this thesis is written by Nuraeni who is from state Islamic university of Jakarta. She analyzes two characters. First is Jeese Aarons, has two kinds of anxiety, they are neurotic and moral anxiety. His neurotic anxiety can be identified from his bad thought and panic reaction. It comes from his fear that something bad is going to happen. It is his own inner fear that threatens him while the reality has happened yet. Then his moral anxiety comes from the

conflict between his desires and his moral value. He uses displacement, behavioral withdrawal, fantasy, denial and sublimation as his defense mechanism. The second main character is Leslie Burke. She has neurotic anxiety. It can be seen from her needs that cannot be fulfilled. She uses fantasy as her defense mechanism.

The second is “Victor Frankenstein’s Anxiety and Defense Mechanism As Depicted In Mary Shelley’s *Frankenstein*”. This thesis is written by Oktaviani Arnanta Putri from Brawijaya University. She found that Victor Frankenstein experiences anxiety after he creates his creature. He experiences the reality anxiety because of his creature’s appearance. The neurotic anxiety also occurs on him because he often expects something dreadful to happen. And the last, moral anxiety occurs because of his guilty feeling for his family’s death in order to reduce these anxieties; he uses repression, reaction formation, and projection.

The last previous study is “Anxiety and Defense Mechanism of George Milton in Pursuing The Dreams as Portrayed in *John Steinbeck’s Of Mice And Men*”, it is written by Setyorini Kholidi from State Islamic University of Yogyakarta. His research shows that George experiences two kinds of anxiety; realistic and moral anxiety. George suffers the realistic anxiety because of Lennie’s character and the difficult situation from her. He gets the moral anxiety because of

his responsibility of Aunt Clara to take care of Lenny. George uses repression, rationalization, and fixation as his defense mechanism. The similarities these researches are using anxiety theory to analyze the character in the novel using Sigmund Freud theory.

In this case, those three researches are chosen by the researcher as the previous study because they have the same theory that the researcher has, it helps the researcher in understanding well about how the theory can be applied in the literary work especially for anxiety that is suffered by Elizabeth Holland in the novel. Same with all previous studies, the researcher also tries to apply Freud's theories in helping analyze the literary work especially in the novel *Splendor*. By using the similar theory and the different object, it is hoped to explain and describe concept of self defense mechanism from different perspective, thereby it has wide range in the term of psychological knowledge. While not quite opposite with the previous studies, although they have similar theory that is used but in this research the researcher tries to apply Freud's theory in different object because this research will analyze a novel entitled *Splendor*. By using different object it is hoped that this research will give different analysis based on the anxiety that is suffered by Elizabeth Holland in the novel. Moreover, in this research there are two theories that used by the researcher, they are anxiety and self defense mechanism theories by Sigmund Freud. By using two theories it has different process of



analysis with those previous studies; it also hoped this research has deeper analysis about self defense.



## CHAPTER III

### FINDING AND DISCUSSION

It has been explained in previous chapter that this research is aimed to find the kinds of anxiety that is suffered by Elizabeth Holland, the causes of her anxiety and defense mechanisms which are done in reducing her anxiety. Based on those objectives of the study, this chapter is divided into three parts. In the first part, the researcher would like to present and analyze the collective data about kinds of anxiety felt by Elizabeth Holland. In the second part, the researcher analyzes the data about the causes of her anxiety and the last part, the researcher analyzes self defense mechanisms that is done by Elizabeth Holland in reducing her anxiety.

#### **3.1 The Anxiety Suffered by Elizabeth Holland**

Anxiety may appear at anytime in every human being's life, it can be caused by so many problems around such as family, friends, job even a psychological condition. There is no doubt that the anxiety is able to make someone becomes unpleasant and feels so frightened about something (Adler & Roman, 1991:100). Freud divides kind of anxiety into three parts, they are; realistic, moral and neurotic anxiety. It can be classified by the type of conflict that happens between Id,

Ego, or Superego. Here, Elizabeth has some conflicts which happen in her structural personalities in the novel (Hilgard et al, 1975:450).

In the previous chapter, it explains about definition and kinds of anxiety. According to Freud, anxiety is a signal to the Ego that the danger comes. It warns the Ego to do something to prevent the danger from harming to the Ego. Anxiety creates pain, uncomfortable feelings that people would not bear it. This character has these three kinds of anxiety.

Elizabeth or Lizzy is an adult woman. She has complicated problem in her life. Her kidnapping experience during winter season does not make her getting a better life then. She is from an upper class family. She is claimed by people as women with perfect attitude in her environment. This condition makes her to be careful for doing everything. She falls in love with her father servant, Will Keller. She ever escapes with him to California but she comes back to her family because her manner as debutant forces her to do it. When they want to go to their train, they are encountered by a cluster of police who shoot him until he is dead. Then she gets married again with her father companion business Snowden Trap Cairns for saving her family name. She has to marry him because she is pregnant with her first husband at that time. Romance has never been a factor for her second marriage. The conflict of this story begins, when she finds a letter

from her father that contains of offering his certificate of the California property to her first husband and her. She never thinks that her second husband knows this for a long time and he keeps secret from her. Then, her mistrust increases since there is a letter from a cluster of police who have murdered his father and first husband. In that letter they ask money to her second husband for finishing their duty to kill her father and her first husband. After knowing the truth, she clarifies to him. Then, he tries to kill her using paralyzing nerve medicine. Someday, he gives it to her lately. It was a lucky condition which causes she woke up for her paralyzing condition. It happens in the midnight. At that time, she tries to escape from his house but in the middle of her step, he hurries up to come to her room to give that medicine. But he does not realize that she stands up behind him. Then she pushes him until his slippers make him slipped to the stairs and he is dead. She is afraid of her act that causes him died. She tries to protect herself before he will paralyze her again.

In this matter, Lizzy has to face scary circumstance for being murdered by her second husband and under control of her family wealth. As a girl who never has complicated problem, she is confused to depend on whom because she is the eldest child in her family. Normally, the girl in her age has peaceful and beautiful life while waiting for her baby born. This idea is maintained by this statement below:

*“That past winter, when she’d traveled to Florida with her old friend Penelope, Teddy had hinted at the feelings he still harbored for her, and she had hoped, during a brief window between the day she realized she was carrying a child and his enlisting in the army, that he might propose to her again. She had even, if she was being honest, yearned for a kiss or a little tenderness from him, but that was a desire she had since buried rather deep, and now had difficulty looking at straight on. (Splendor, page 2).*

Id operates on the pleasure principle. When Id only seeks for pleasure, *Id* avoids everything uncomfortable. The data above shows Lizzy’s Id. When she is in her complicated situation after losing two persons that are precious to her, her Id wants to accept Teddy’s marriage proposal not Snowden. She believes that the only person that is able to help her from her immersed condition is Teddy. Her Id actually pushes her to continue her life with Teddy.

To make Id desire come true, Ego appears. Ego is the one that take action to fulfill the Id desires and needs. Ego operates on the reality principles where Ego has to face the reality to satisfy the Id desires. Lizzy’s Ego wants to accept Teddy’s proposal to be her second husband because he is the only one of the heir of his family shipping company. He proposes her twice when her first husband is still alive but she does not take it seriously in that time. Teddy is a person who sits beside her at her father’s burial.

*“For the only male heir of the Cutting shipping fortune was a boy named Teddy, who’d proposed marriage to her twice, when Will was still alive, without her or anybody else taking him very seriously. He was Teddy, after all, this friend who sat by her at her father’s funeral, and was of such a quiet, subtle nature that he was almost invisible to her when her head was so full of the strapping boy who’d lived in her family’s carriage house” (Splendor, page 2).*

Superego filters the action. It decides what is right and what is wrong according to the moral standards in the society. Her Superego makes her reconsider her desire to be with Teddy because she has accepted Snowden as her second husband. She considers if she still keeps away her desire to be with Teddy, it means that she will betray her first and second husband.

*“After all, such longing meant the betrayal of not one but two husbands. Even if it hadn’t, Teddy was now stationed far away in the Philippines, and Gemma Newbold was said to be expecting a proposal from him upon his return” (Splendor, page3).*

As a debutant figure which is demanded to give a good attitude to the environment, her manners require her to do what is the best for herself and her family. Her manners become her reason why she comes back to her home not continue her escape to California with her first husband. Furthermore, her decision gives her into a big problem in her life later. This idea is maintained by this statement below:

*“All of her floundering had become raw for her again, and for a moment she would have given anything to be back in California, when she could still retract her foolish insistence that they return home. “The one thing I did wrong was come back here. All that fierce propriety—they would never allow a boy like him to love a girl like me, not in this gilded cage of a city.” Elizabeth paused, and met her sister’s eyes. “It won’t be so different for you, Di”(Splendor, page4).*

Therefore, Id’s necessities and desires cannot always be provided by Ego because Ego must face with the reality and the Superego. However, since the Id operates on pleasure principle, it only wants pleasure. Id will push the Ego to fulfill Id needs. The Ego

facing the reality and the Superego is overwhelmed by the intense tension. Therefore anxiety arises.

It has been told in the previous chapter about the kinds of anxiety. According to Freud anxiety is as a signal to Ego that the danger is coming. It warns the Ego to do something to prevent the danger from harming the Ego. Anxiety creates pain, uncomfortable feelings that people would prefer not bear it. There are three kinds of anxiety; realistic, neurotic and moral anxiety. Lizzy has these three kinds of anxiety.

### **3.1.1 Neurotic anxiety**

Neurotic anxiety is the fear that the Id impulses will get out of control and she will do something that makes her getting the punishment. After knowing the truth that her second husband is a murderer of her father and her second husband she feels that she is always in danger situation. She worries that her second husband will kills herself and her baby. Especially, she knows that the purpose of their marriage is for controlling her family wealth. These conditions do not make her life peacefully. He keeps it away for a long time without telling the truth to her. It makes her very surprise and shock because she never thinks that he will betray her. Then, she thinks that it is her punishment for marrying Snowden just for saving her family pride. It proves that she suffers a neurotic anxiety.

*“So this late-night visitor was the man who’d written the note. A shudder traveled hard across Elizabeth’s body, from left to right, and though the summer heat was as stifling as ever she felt for a moment as though she’d been standing out in a winter gale for several hours. But the feeling was not just within her; her hands shook, and in another moment her tray, and the full glass upon it, capsized. She grasped for them helplessly, but this only caused their trajectory to be more violent, and when they hit the floor the glass shattered loudly and the sickeningly sweet smell of the brandy filled her nostrils. She looked down at the mess, her mouth forming a small, tremulous circle. Now she pulled away from Snowden instinctively, as though from something vile. “He killed Will, because you told him to,” she whispered. She had to put her hand out for the wall again, as she backed away from her husband” (Splendor, page 50).*

Besides that, she realizes that he is not only her first husband murderer, but also her father murderer. She deduces that their marriage is a part of his plan to manage her family wealth. Then, he plans to make her disappear from the world. However, his plan will be successful if she does not know the truth. Unfortunately, Lizzy knows this truth and she is in danger situation.

*“That’s why you were paying him. You paid him to kill Will so that you could marry me. So that you would own the land in California, so that you would own all that oil we’re living on now. “That money you gave my mother last fall, you had stolen it, hadn’t you? You weren’t going to give us father’s share. You killed him for it, and would have kept it all, if you hadn’t realized there was more money to be made by keeping up relations with his widow and daughters. By marrying into the family.” She brought her hands up to cover her eyes as she let out a moan. “Oh, God. (Splendor, page 240)”.*

### **3.1.2 Reality Anxiety**

The second anxiety which is suffered by Lizzy is reality anxiety. It is the individual anxiety of the fear of facing the reality. She cannot accept that her father and her first husband are died and leave her



forever and she has to accept Snowden as a father of her child that will be born soon. Her refusing about the reality makes her always drown herself to the imagination that both of them are still alive.

*“You know best,” she added, perhaps as a small consolation, a show of respect to make up for the secret act of equivocation that she committed every time she uttered the word husband. For husband to her was the late Will Keller, while the man everyone erroneously assumed was the father of her child was no more than a kind of shield to protect her from society’s censure. Romance had never been a factor in what only a few people knew to be her second marriage. When she closed her eyes, she was with Will again, walking across the warm brown hills of California, planning out a life together. She had loved Will from the time he came to work for her family (Splendor, page4).*

She does not daydream it once, it happens continuously. Her deeply love to her first husband brings her into the imagination where he is still alive. She always puts herself in memory when she is with him in the past. Sometimes, she comes back in the time when she plays a role as a house wife. She prepares dinner for them at that time. Her every activity with her husband never can be forgotten. She always remember every moment spent with him.

*“It was this sticky fact—that Will, the real father of her child, was never far from her mind—They were a deluge. By turns they washed her onto high, dry land and then back to rough waters. In moments she was there—making dinner for Will while he searched for the oil he believed would make them rich, (Splendor,page25)”.*

She not only recalls her memory with her first husband but also her memory with her father. It is being a part of her happiness because the only thing that can make her happy and peaceful is when she remembers about the experiences with them. However, not all those

memories are happy memories. Such as the memories about her experiences when she sees her first husband is being murdered by a cluster of policeman. She is not preferred to recall that tragic memory.

*“Will would sweep from heaven, as strong as ever and now winged, and scoop her up and take her to see her father, who was sitting on a cloud, watching over them, smoking a pipe and reciting long-forgotten poems (Splendor, page80)”.*

Moreover, in the night when she kills her second husband without purposely she imagines that there is her first husband who stands up in front of her and waits her to invite her to go to the heaven with him and her father together. Surely, it is impossible to happen in the reality. The only thing that happens is Teddy who stands up and calms her down. Of course, he is not in the right time; he came few minutes after her first husband floundered inanimate.

*“Later, when her body was no longer so storm-tossed by terror and emotion, she would come to see that it was Will who had been there, in her, like the winged angel she’d dreamed about, protecting her one final time (Splendor, page90)”.*

### **3.1.1 Moral Anxiety**

The last anxiety which is suffered by Lizzy is moral anxiety. It is a fear of his conscience. It happens because there is conflict between Ego and Superego. It happens if we fail to do what we consider as a good thing according to moral value. When she is in subconscious condition because of Snowden’s sleeping medicine, she falls asleep. Someday, he gives it late so it makes her could wake up. She plans to run from his house. In the middle of her step, there is

Snowden who hurries up to go to her room for giving it again. She is panicky. She feels worry and fear that he will find her who wants to escape. If he knows her plan to run from the house, he never forgives her. He will threaten her more than before. Suddenly, she gets courage to resist him. She hides in the dark night and she stands behind him. He never thinks that she is in behind him because at that time the house is in a dark condition. Then, she pushes him until his slipper slithered to the stairs then he passes away.

*“Perhaps, she thought as she came onto the second-floor landing, her training to become a very marriageable debutante would one day make her a great cat burglar, too. But this was a whimsical direction, and her situation was very grave, and she wondered what that clear, cloying stuff that Snowden soaked his handkerchief in before smothering her mouth and nostrils was, and whether it didn’t make her a little daffy besides causing her to fall asleep. The impact of that push was sudden and great. Snowden’s slippers skidded against the step, and then his arms wheeled. The whites of his eyes grew huge, and he looked at the small, blond thing he had so easily kept subdued for many days now. But it was too late for him; the earth pulled him down hard, and not in any kind way. He hit the bottom of the stairs with a thud and a bone-snapping crack. After that Elizabeth took several quite audible breaths and still felt no kind of calm. She placed her hand on her belly, to try and stop the trembling there. The rest of her was a lost cause. Then she tiptoed forward, to see what she had done (splendor, page 95)”.*

She does not do it purposely. Actually, she pushes him just for making him stay away from her; she never thinks that her act will make him died. The condition which just happened gives her a very hard strike into her soul. It is seemingly impossible for a girl who has good manners to do something bad like that. She never thinks that her act will kill somebody. Nevertheless, she cannot repeat the time again because everything has

happened. She needs someone who can help her. She supposes to her first husband will lengthen his hand and bring her to the comfortable place to relax her mind. It is totally impossible. Nobody comes except Teddy, a person who loves her very much. After that, her servant wakes up and she is surprise with anything in her eyes. At that time the policies come. Those policies are called by Teddy. He calls them because he has a suspicion that Lizzy's husband hides something about Lizzy's condition. When he visited her last day, her husband does not permit him to see her. Her husband does not want to make Teddy know that her condition is weak because of her husband poison. Teddy smells that there is paralyzing poison scene that is not needed by her. Because of his suspicion, today Teddy tries to helps her while bring polices to prepare that her husband will do the same act again. Even, Teddy comes first, but he is too late. Her second husband has already died. She cannot repeat the time. Teddy tries to make her calm down. She cries and her body trembles. She is afraid that she will be confined.

Fortunately, those policies that are called by Teddy are the people who kill her first husband and her father and ask money to her second husband as their royalty for having killing her precious people. Those polices ask about the chronology. Teddy says that her husband falls because of him. When they have

quarrel, then he falls to the stairs. Those polices do not trust him. They said that they will bring him to the police office to be interrogated about this case. Lizzy refuses their decision. She threatens them if they do that. She said that she will open her mouth about what they have done with her father and her first husband to their superior. They are afraid with her threat. Therefore, they go away from the house and do not process this case. Teddy and Lizzy are safe. She asks him to accompany her to go to her mother's home. And she asks her servant to leave her house soon.

*“For a girl who was raised for the exclusive purpose of appearing lovely and exercising correct behavior, she'd done some bad things in her life. But nothing had shut her down like this. Her hands, her will, had snuffed out a human life (Splendor, page 100)”.*

These data shows that structural personalities of Elizabeth Holland experiences of her psychological conflict which drown her into neurotic, reality, and moral anxiety. These kinds of anxiety bother her life. They not only bother her life but also change her life totally. She feels guilty when she remembers her act. Her appearance according to her manners and her environment has changed. She is not a debutant like in the past. Now, she is a murderer like her second husband. Through these conditions, there is calm feeling inside her heart because she can reveal the truth behind her father and her first husband died which never can be known by society. She feels relieved

that the murderer has gotten a suitable punishment from the God. Then, she can be with Teddy as a father of her child that will born soon. The pale of her face never appears again. These experiences tell her that she has to be careful with people who want to close with her.

### **3.2 The Causes of Elizabeth Holland's Anxiety**

Freud has explained that the term of neurotic, reality, and moral anxiety can be classified not only from the conflict between Ego, and Superego, but also the problems are from outside also have a big role in producing these kinds of anxiety, it can be threat, frustration, oppression, depression, etc. In this case, Elizabeth Holland has many problems from the outside factors which cause a conflict between her Ego, and Superego that bring her so guilty.

Elizabeth Holland is a girl who is getting move to be an adult woman. She has scary experiences which bring her undergo neurotic, reality and moral anxiety. The conflict between her structural personalities cannot be separated from problems outside which appears in her life. The causes of the problems can be classified into four types, they are; threat, environment, oppression, and frustration (Freud, 1933/1964).

### 3.2.1 Repression

It has been described that, Lizzy is threatened by her second husband after she knows the truth. Her life is more complicated during her second marriage with Snowden. As a wife and a woman who will be mother, she should be happy with her new husband, spend all the time to focus on him and her baby that will be born soon, yet, it does not happen to her because she often gets violence from her second husband. He does not threaten her with the words. He begins to make her paralyzed using medicine. This medicine is placed to a handkerchief, and then he puts it down to her nose and she will feel weak and fall asleep for a long time. He gives it to her continuously in the next days. She never remembers why she can lie down in her bed and feel weak. She remembers the night when she knows the truth behind her father and her first husband died, she tries to avoid her second husband's grasp but she is not strong enough to do it. Then, when she wakes up, she feels weak and powerless in her bed.

*“Elizabeth tried to move away from him, but he was holding tight to her hands. What the man she had been living with for so many months was capable of was finally beginning to dawn on her, and the sick feeling faded as the panic set in. Those unremarkable, blocklike features had, in a matter of minutes, come to hold impossible menace for her, and though she told herself that she should cry out, the fear spreading through her was so great, it seized her throat. The last thing she knew, before the faintness overcame her and she lost first vision and then consciousness, was that he had roughly scooped her into his arms and was carrying her up the stairs “(Splendor, page 105).*



Someday, her sister comes to visit her home. Lizzy tells to her sister that she should inform Teddy that Lizzy is sick and she needs his help. Her sister is shock with Lizzy's condition. Her sister does not know that Lizzy's condition become weak and cannot talk much is because of her husband's effort to make Lizzy silent about the truth. Her sister is confused. She tries to thinks with what happen to Lizzy's condition. Then, Lizzy's husband comes close to her and suddenly said that her wife is okay, she only needs much time to take arrest. He lies to her. The doctor never comes and Lizzy's condition is because of his poison. He purposely makes her like that because he does not want to the other person knows about his plan and secret.

*"Your sister hasn't been well. The doctor was here last night. He ordered her on bed rest until the baby comes, and gave her something so that she could sleep more easily." Diana turned and smiled graciously at Snowden, in that confident glowing way Liz used to have with suitors. "A little time with me won't harm her. I'll just sit a minute, and be on my way." (Splendor, page 125)*

Lizzy never realized that she can open her mouth to speak with her sister. She does it in her unconsciousness condition. She asks her to inform Teddy for visiting her. She thinks that the only one who can help her is Teddy. Her sister will go to California with her boyfriend and leave her alone with that torture. Nobody can help her except him. However, Snowden never gives a permission to allow him meet her. He does not want to take a risk that she will suddenly have strength to speak the truth to Teddy. He never knows that Lizzy can speak to her sister to ask Teddy's help.



*"Oh, Liz," Diana said as she picked up her sister's hand. It was limp to the touch, but then Elizabeth had never had a particularly firm grip. Her sister's mouth opened and closed and she exhaled. "I'm not feeling well," Elizabeth said dreamily, without opening her eyes. "I know," Diana answered sympathetically. "But you'll feel better soon. Can I get you anything?"*  
*"Teddy."*  
*"What?" Then, in the same soft voice: "Could you get me Teddy Cutting, please? (Splendor, page 135)"*

In the next day, Snowden has unpredictable guest. He is Teddy. As Lizzy's guest, he does not allow Teddy to meet her. She can do nothing. She just can hear a step voice from him. She actually hopes that she can tell everything to him but it is a hopeless thing for her. At that time, Snowden is playing a role as a full of attention husband. He comes close to Lizzy seemingly inform to her that she has a guest. He acts like she asks him to inform to Teddy that she does not want to meet that guest. It is totally his implementation to make Teddy does not come close to her. It will make a big trouble if he can meet her. Everything that has been planned by Snowden will fail if she can tell everything to Teddy.

*"Perhaps it was for this reason that she was unsurprised by the sound of a familiar voice in the hall quietly insisting upon seeing her. "But, Mr. Cutting, as I said, it is highly irregular for a gentleman to visit a woman in her condition, especially when she is not well enough to receive in her parlor. If Elizabeth were awake, I am sure she would be mortified by the idea of you seeing her in her bedroom....". It made her want to cry, she knew she should be begging him to help her—and she felt her throat constrict. "Hello, Lizzie," he said quietly. Now Elizabeth began to move her lips, but still she failed to make sound. Help, she was trying to say, but it was inaudible. Finally she managed to produce a weak croak, but it didn't sound like any kind of language known to this world. Please. I fear you will cause her a great shock.". Then he bent forward, pretending to put his face close to her mouth as though he were listening, but in fact covering her lips. Panic seized Elizabeth, as it occurred to her*

*that Snowden might somehow or other manage to keep her quiet until Teddy was gone (Splendor, page 126).*

### 3.2.2 Threat

The second cause of Lizzy's anxiety is the threat of her second husband to her family and herself. A letter which is founded by her becomes her first proof of his trait to exploit her family and herself. Firstly, he comes to her life and pretends to be a good father of her child. Lizzy does not have another choice except accept his goodwill. She never knows that it becomes his device to hide his bad ambition. Then, Lizzy found a letter which is written by her father before he is died.

*“A letter to Stanley Brennan, who had once been her family's accountant, was clipped to the document, and the bit that caught Elizabeth's attention read: Please have the deed for the California property transferred—immediately and jointly—into the names Elizabeth Adora Holland and William Keller. The signer of the letter was her late father; it was dated a week before his death, and posted from the Yukon Territory. Her heart had begun to thud and her vision was growing blurry with tears (Splendor, page 37)”.*

After finding this letter, she is shock. She never thinks that his second husband keeps it secretly from her in long time. She tries to clarify to him. He admires that he knows that letter from a long time and he said that he has reason why he does it. He said that he wants to tell her after he checks the truth of that letter. It is true that there is oil in her father's land in California. He checks it when her first husband is died and after marrying her. After this incident, her faith and

respectable to him begin to fade. In the other day, another letter comes. It tells about a matter which happens in Klondike. Klondike is the place of her first meeting with Snowden.

*“She set the box down and picked up the piece of paper anyway.*

*Mr. Cairns, Please stop avoiding me.  
I know what you did in the Klondike,  
and if you don't up my payments I will be  
forced to make your actions public.  
Sincerely, O.L.*

*Elizabeth placed the note back on the marble top, just exactly as it had been, so that nobody would know it had been read. The word Klondike had a terrible significance for her; it was where her father had died. He had enjoyed traveling to exotic locations and speculating far and wide, and he had never cared much if the world considered him a smart businessman or not. That was how he had met Snowden in the first place”.(Splendor, page 86)*

In the other night, when Schoonmaker family makes a party, her second husband has strange guest. This guest is a person who sends that letter. Lizzy hides herself behind the wall to see that guest. She makes certain herself she ever meets that guest. He is the policies that kill her first husband in the train station when they want to escape to California. She is shock that her second husband has relation with that incident. He is panicky with her reaction when she tries to ask the truth. He tries to exchange her accusation. But he is not successful. She becomes rude. She cannot control her emotion. Her shock condition does not make her weak. She rebels and tries to stay away from him. But she can't. She does not have enough strength to resist him. Then, she passes out and he brings her to her room.

*"I don't mean that I'm acquainted with him. But I've seen him before. He's a policeman, and he was one of the men who—" The nausea was wracking her body now, and she slumped against the wall. "One of the policemen who killed my husband." "He was one of the men who killed Will." Now she pulled away from Snowden instinctively, as though from something vile. "He killed Will, because you told him to," she whispered. She had to put her hand out for the wall again, as she backed away from her husband. "That's why you were paying him. You paid him to kill Will so that you could marry me. So that you would own the land in California, so that you would own all that oil we're living on now" (Splendor, page 94).*

Her suspicion is not totally wrong. All of bad incidents in her life are planned by him. It is not her fault. She is the innocent girl which has been used by her second husband to fulfill his ambition to control her family wealth. This conflict does not stop yet. She still has to know the other truth. It is about the fact that her second husband is also a murderer of her father. She cannot accept this fact alone. She needs someone to help her but nobody can help her from the truth and his cruelty. She has to be strong to resist for saving herself and her family. Only she, a person who can save her family and everything that has been struggled by her father and her first husband. She does not want to waste their death.

*"But what about the Klondike? Why did he want to see you about the Klondike? What could possibly have happened in the Klondike?" She knew, without quite understanding how, that Snowden was responsible for that, too. "That money you gave my mother last fall, you had stolen it, hadn't you? You weren't going to give us father's share. You killed him for it, and would have kept it all, if you hadn't realized there was more money to be made by keeping up relations with his widow and daughters. By marrying into the family." She brought her hands up to cover her eyes as she let out a moan. "Oh, God." In the next moment Snowden had moved in close to her and ripped her hands away from her face. now illuminated his eyes, and she saw in them the plain, forceful avariciousness which had led him to prey on her and those she loved best. (Splendor, page 105)*

She knows that his crime will never stop here. She will be in dangerous situation right now. He never lets her life peacefully. He will do anything to keep her mouth silent. These experiences will be unforgettable memory in her life. The climax of his threat happens after there is a conflict between them. The reality about Klondike and train station does not make him acknowledge it. On the contrary, he always tries to deflect the truth while he tries to find a way to make her silent. He tries to make her calm down and forget everything that has happened. He flatters her. He pretends to care with her baby. His effort is useless. Her trust of him has lost. Now, she hates him so much. The only thing in her minds is the way to stay away from his side and follow her father and her first husband to the heaven.

*“You are overtired, my dear,” he repeated, all persuasion gone from his voice. Now he was telling her how it would be. “Your condition is not good, you are unwell, and it can be so dangerous, carrying a child. How many young women die trying to bring their precious babies into the world? I think we had better put you to bed and keep you there, as long as possible.” Elizabeth tried to move away from him, but he was holding tight to her hands. What the man she had been living with for so many months was capable of was finally beginning to dawn on her, and the sick feeling faded as the panic set in. Those unremarkable, blocklike features had, in a matter of minutes, come to hold impossible menace for her, and though she told herself that she should cry out, the fear spreading through her was so great, it seized her throat. The last thing she knew, before the faintness overcame her and she lost first vision and then consciousness, was that he had roughly scooped her into his arms and was carrying her up the stairs” (Splendor, page 94).*

His effort makes her hate him more than before. He knows that her existence will put his life in the danger condition. Therefore, he thinks the way to make her silent.

### 3.2.3 Frustration

Another cause of Lizzy's anxiety is her frustration of her problem in her life. As usual person, she is a normal girl who wants get a peaceful and happiness life with people that she loves. But it is her hallucination. She gets life which is different from her hope. Her life fulfills with conflict. One conflict has not finished yet and the other conflicts appear again. This condition makes her frustration. Her frustration here means that she is disappointed with herself for letting her manners control her, marrying a person that makes her life breaking up, and letting a good person like Teddy goes away from her life.

She plans that she will come back again to California with her first husband. She thinks they will live happily together there. Unfortunately, she lets her manners to control her. Then, they may not do their plan and she finds out that her husband is being murdered in front of her. This is her regretting that makes her frustration.

. *“They had been trying to return to California, where they had been happy—they had almost boarded their train—when they were spotted by a group of policemen who shot Will down (Splendor, page 8)”*.

Her frustration because of her first husband death, gives her deep wound. She blames herself for that tragedy. If she never cares about her manners as an upper class family which always holds on the disciplines, she never loses him. She cannot repeat the time again.



Therefore, she suggests her sister to go to New York with her lover.

Lizzy ask her to do it because she does not want to see her will be like herself who has taken wrong decision. She knows her mistake will never reconditioned. The thing left over is her deep regretting.

*“New York.” There was a swelling in Elizabeth’s throat, which she tried not to give in to. All of her floundering had become raw for her again, and for a moment she would have given anything to be back in California, when she could still retract her foolish insistence that they return home. “The one thing I did wrong was come back here. All that fierce propriety—they would never allow a boy like him to love a girl like me, not in this gilded cage of a city (Splendor, page 86)”.*

Another condition that makes her frustrated is marrying her father companion business, Snowden. For the first time after her marriage, she feels that she is the happiest girl in the world because she is married with a man who is not poor and having experiences in business. He gives a worthy house for her baby and herself. He cares much to her baby as like it is his own child. Liizy thinks that her husband’s kind is true because he truly cares her. But it is only his way to make her not suspicious with his secret. She does the same thing like her husband does. She pretends to care and become good wife. It is her appropriateness to respect everything that he is done for her family. There is only Will Keller as a husband and her love. Her hurried married is being disaster for her family. A person that she loves is not a good man as she thinks. She is regretful for being her wife. She has to undergo a pitiful life with him. And nobody can help her.

*You know best," she added, perhaps as a small consolation, a show of respect to make up for the secret act of equivocation that she committed every time she uttered the word husband. For husband to her was the late Will Keller, while the man everyone erroneously assumed was the father of her child was no more than a kind of shield to protect her from society's censure. Romance had never been a factor in what only a few people knew to be her second marriage (Splendor, page 7).*

*He was kind, of course he was, and she should stop slandering him in her mind (Splendor, page 96).*

*She had tried to pretend to herself that it was all a delusion, and believe that Snowden really only did care that she got her rest. But then she saw the cruel calm with which he put her down again and again, and she remembered that he had killed with awful calculation before (Splendor, page 138).*

These data show that she never marries him because of love; she feels frustration because she is married with a bad guy who makes her life scattered.

The other kind of her frustration is letting a good person like Teddy goes away from her life. Teddy has purposed her twice, when she is being a wife of Will Keller. She never considers it seriously because he is her close friend. But after her first husband's death Teddy leaves her being army, she realizes that she needs him and she does not want to be abandoned by him. Unconsciously, she falls in love with him. But it is too late. She has accepted Snowden's offer to be a father of his child. She has not another choice. Her belly which is getting big and there is no father for her child make her cannot reject his purpose. Besides, Teddy registers his self for being army. This is the most difficult choice that she should take in her life.



*“For the only male heir of the Cutting shipping fortune was a boy named Teddy, who’d proposed marriage to her twice, when Will was still alive, without her or anybody else taking him very seriously. He was Teddy, after all, this friend who sat by her at her father’s funeral, and was of such a quiet, subtle nature that he was almost invisible to her when her head was so full of the strapping boy who’d lived in her family’s carriage house. That past winter, when she’d traveled to Florida with her old friend Penelope, Teddy had hinted at the feelings he still harbored for her, and she had hoped, during a brief window between the day she realized she was carrying a child and his enlisting in the army, that he might propose to her again. She had even, if she was being honest, yearned for a kiss or a little tenderness from him, but that was a desire she had since buried rather deep, and now had difficulty looking at straight on”. (Splendor, page 7).*

Those data above clearly describes that Lizzy is frustrated what she does in her life. She cannot make a right decision for her own life. She cannot repeat the time. She does not know about what she should do in that position. Therefore, she feels frustration of her life.

#### **3.2.4 Environment**

Another cause which makes Lizzy undergoes her kinds of anxiety is her environment. As a descendant of upper class family, she is demanded to have a perfect figure in her society. She is not only has to give a very good attitude for her society but also for her siblings because she is a first child. This weighty burden makes her always notice about her manners, she also has to undergo a maintenance upper class tradition. Her good attitude becomes a factor for always covering her dissatisfaction to her second husband. Her situation makes her feel fear to resist him.

*“For as long as anybody could remember, Elizabeth had been the kind of young lady who did not merely heed propriety but experienced the upholding of gentle traditions with genuine pleasure.*

*Elizabeth disguised her disappointment with a docile smile and inclined her heart-shaped face and brown eyes in Snowden's direction. You know best," she added, perhaps as a small consolation, a show of respect to make up for the secret act of equivocation that she committed every time she uttered the word husband".(Splendor,page 6).*

People never know what happen in her life. They only see that she is a lucky girl. Nobody ever knows that she is actually not like their imagination. She is a girl with a complicated life. She never can act freely. She cannot express what she feels truly. She has to think first before she acts. She has to let her manners control her. She cannot fight her manners. She has to obedient with the rules. She cannot break the rules.

*"...Of course no one has seen Miss Diana's older sister, the former Miss Elizabeth Holland, as of late, either. She has happily wed her late father's business partner, Snowden Trapp Cairns, and if rumors are to be believed, there will be a new member of the family by fall. We congratulate the Cairnses; the lovely Mrs. deserves nothing less after her harrowing experience of last winter, when she was kidnapped by a love-crazed former Holland family employee and barely escaped with her life after a violent scene in Grand Central Station...."(Splendor, page 7)*

Because of her controlling life, she has to regret her mistakes for marrying Snowden. It is her deeply regretting ever in her life. But she can do nothing except meditating her mistake and accepting her wrong decision. In people mind, she is lucky girl because having great husband like Snowden. They cannot imagine how tortured herself because of her wrong decision to marry him and let her manners to

control and does not have courage to continue her step to come back to California for restarting her life with her second husband.

*“Those of us who thought that Elizabeth Holland—a girl most artfully groomed to be a bride—took a social step down in marrying her father’s former business partner, Snowden Trapp Cairns” (Splendor, page 37).*

Her manner also becomes her reason for her to postpone for finding the truth behind her father and her first husband death. What truly happen behind their death is, and who has to be responsible for this. Once again she has to be more patient to find the answers because she cannot defeat her manners. Actually, she can find the truth soon, if she has courage to fight her manners as debutant or her rules as the descendent of upper class family. In the night when a letters comes, she is curious with it. She really wants to open and read it before her husband. There is her servant that interrupts her to do it. Therefore, she fails to do it. After, rethink that what she will do is not suitable with her attitude as a wife or debutant. She does not want to break the rules.

*“She was, in truth, relieved that she had been interrupted before some nonsensical emotions led her to snoop in her husband’s mail, for she had never wanted to be that kind of wife. Though she did lie down, she did not in the end manage to fall asleep”. (Splendor, page 52).*

Her family education never gives her permission to do and express everything that she wants. She has to think first before she acts. What she has to keep in her mind is that the appropriate attitude,

what the punishments that she will get if she break the rules, will her family agree with her decision, what will happen to her family because of this action. She has to think about all these stuff before doing something. As a woman who moves from young girl to adult woman, it is absolutely her desire to enjoy her life. She cannot do it. She has to allow everything that she wants to go away from her without resistance.

*“For as long as anybody could remember, Elizabeth had been the kind of young lady who did not merely heed propriety but experienced the upholding of gentle traditions with genuine pleasure. When they were transgressed, she felt a corollary deep shame”.* (Splendor, page 7)

Her manners also become an obstacle for her to continue her escaping to California with her first husband. She never knows why her manners defeat her love with her lovely first husband until it impacts losing him forever. She blames herself. But it cannot change the fact that she loses him in front of her. Because this tragedy, she puts herself in the deep compunction which always frighten her peaceful life.

*“There was a swelling in Elizabeth’s throat, which she tried not to give in to. All of her floundering had become raw for her again, and for a moment she would have given anything to be back in California, when she could still retract her foolish insistence that they return home. “The one thing I did wrong was come back here. All that fierce propriety—they would never allow a boy like him to love a girl like me, not in this gilded cage of a city.””* (Splendor, page 96).

Her conflict with her manners does not stop here; she loses her second chance to get her lover again, Teddy. He is the only one that

can change her first husband place in her heart; although, his place cannot be changed completely. But he is better than Snowden. He is a good man according to her. Teddy is not only good in his personality but he also is good in his background family. He is the only the heir of his family business. He has proposed her twice. He is her close friend. And he is always beside her especially, when her father is dead. She has to lose her chance to find her true love because she does not have courage to against her manners and she lets herself to take the wrong decision by marrying Snowden which make her life is like in big disaster.

*“For the only male heir of the Cutting shipping fortune was a boy named Teddy, who’d proposed marriage to her twice, when Will was still alive, without her or anybody else taking him very seriously. He was Teddy, after all, this friend who sat by her at her father’s funeral, and was of such a quiet, subtle nature that he was almost invisible to her when her head was so full of the strapping boy who’d lived in her family’s carriage house. That past winter, when she’d traveled to Florida with her old friend Penelope, Teddy had hinted at the feelings he still harbored for her, and she had hoped, during a brief window between the day she realized she was carrying a child and his enlisting in the army, that he might propose to her again. She had even, if she was being honest, yearned for a kiss or a little tenderness from him, but that was a desire she had since buried rather deep, and now had difficulty looking at straight on”. (Splendor, page 9).*

From this data, it can be concluded that how the environment condition and the manners changes Lizzy’s life being mess and no happiness. These conditions make her undergoes anxiety but it totally pushes her to the worst conditions what she never wants to come in.

### 3.3 Self Defense Mechanisms Done by Elizabeth Holland

Having problems which makes her undergoes three kinds of anxiety surely brings her in doing any protection for making herself calm. Here, Lizzy does self defense mechanisms namely suppression, sublimation, displacement, rationalization, reaction formation, projection, aggression, apathy, fantasy and denial.

#### 3.3.1 Suppression

Suppression is incapability condition for remembering situation or person or scary event. When Ego is threatened by id which is not intended, Ego will protect himself with representing that stimulus by forcing the threatened feeling in subconscious condition. In suppression, the longing will be released from conscious condition. It is like traumatic memory and threatened condition which threatens individual then he buries it in his subconscious and saves it in his mind. It is also has been through by Lizzy. She gets a bad experience when she is kidnapped by crazed former Holland family employee. She cannot forget that tragedy. She does not want to remember it again; she keeps it in her mind.

*“nothing less after her harrowing experience of last winter, when she was kidnapped by a love-crazed former Holland family employee and barely escaped with her life after a violent scene in Grand Central Station....”(Splendor, page 6)*

Not only that kidnapping experiences but also her memory about her father and her first husband death also make her put it on her subconscious condition. Therefore, she always reflects that nostalgic situation again.

*“When she closed her eyes, she was with Will again, walking across the warm brown hills of California, planning out a life together. They had been trying to return to California, where they had been happy—they had almost boarded their train—when they were spotted by a group of policemen who shot Will down”. (splendor, page 6)*

Her experience about her first husband does not turn around in her mind once. It happens more and more in her dream or in her fantasy. As a girl that loves him so much it is as her way to represent her memory with him. Therefore, she never forgets their love which buries in her mind and her body because she is in pregnant of his child.

*“In her mind’s eye she saw Will just before he was gone, his face so full of fear and confusion, his whole body traumatized with pain”.(Splendor, page 78)*

### 3.3.2 Sublimation

Sublimation is a kind of defense mechanism that relays unpleasant impulses into acceptable directions. It is used by Ego when the Ego changes the dangerous impulses from Id into a desire to a more respectable action. Knowing the truth about the heritage which is prepared by her father for her first husband and for herself it makes



her doing secret action as her dissatisfaction to her second husband. Her second husband never notices that it is as her beginning way to do not respect him as a husband.

When she hears of the successfulness of her oil field in California, she acts like a dissident wife. Her Id shows that she is angry because her husband secret. Her Ego makes her show her anger with wearing a black dress every day. Her attitude is as her actualization of regretting and refusing Snowden as her second husband.

*“Ever since she had heard about the success of his oil field, she had been wearing black in a secret act of devotional widowhood, ....” (Splendor, page 52).*

### 3.3.3 Displacement

Displacement is the kinds of defense mechanism that the uncomfortable impulses are attributed to other subject, not the true subject. The other subject is the thing that closest resembles the true subject or the symbolic object of the true subject. It is the way that has been through by Lizzy, she always thinks about organizing her new house in Madison to put her feeling with her second husband or anything that makes her mood down. Her action can be seen when she is busy to organize her house for greeting her sister. She does this action for making her calm down after knowing the truth about her father heritage which is prepared for her and her first husband.



*“In the cairns brownstone, on an eminently respectable stretch of madison, everything was in its place and an air of prosperous well-being floated throughout the rooms. the cook was preparing dinner, for all the holland women would be dining there that evening. elizabeth had had a busy week, but she'd finally managed some rest that afternoon, and now that order had been established, and the place was looking so much more like a home, a healthy aspect had returned to her cheeks. she had not paused the hectic business of making a household all week, and she was glad that she hadn't, now that she knew what a homecoming it would be. of course there was another, barely conscious reason for her constant busyness...”(Splendor, page 62).*

### **3.3.4 Rationalization**

Rationalization is a mechanism which involves giving logic explanation to the true attitude which is actually pushed by subconscious motive inside us. Psychoanalysis can recognize for our explanation about our attitude is not always related with the true causes. It has two functions, firstly, to decrease the satisfaction feeling when we fail reach our purpose; second, giving accepted motive for the attitude (Hilgrad, et al., 1975:443-444). It happens if there is real motive from individual attitude which cannot be accepted by Ego. This motive can be changed by kind of substitute motive for correction aim. For example; a girl who is not invited to the party will say that she will not go although she has been invited because there are people who are hated by her in that party (Hilgard et all, 1975: 440).

Lizzy is thought as a wonderful girl who is married with her family business companion. It is people's accusation to her. They never can prove it. The only thing that is true is only Will Keller as her husband who never can be changed by another guy.

*"Those of us who thought that Elizabeth Holland—a girl most artfully groomed to be a bride—took a social step down in marrying her father's former business partner, Snowden Trapp Cairns, must now admit that she did not". "Her Will. It was this sticky fact—that Will, the real father of her child, was never far from her mind—which made her resist lying down on one of the new chaises in her parlor". (Splendor, page 37)*

But her status as the wife of her second husband cannot make her to show her displeased to him. She has to act as a proper wife although she does not love him.

*"Elizabeth's pale lashes fluttered. But of course she was his wife, she reminded herself, as he knelt by her side. He grasped her hand, and she realized that he had scarcely touched her since kissing her in the carriage after he'd first shown her the new house". (Splendor, page 47)*

### **3.3.5 Reaction formation**

Reaction formation is the process to throw out threat longing with focusing to the other thing which becomes the opposite of the actual of his action and his mind. According to psychoanalysis, the basic of Id longing from those persons actually direct them to act which is not appropriate with their religion. Therefore, their identity will be in danger, and the Ego will deviate it and make them to the opposite of their longing. Freud argues that most of people who is like

having moral, actually they try hard to fight their immorality (Hilgard et al 1991:150). This condition happened to Lizzy, when she asks her second husband for clarifying about the truth of her father heritage. She forgets her image as a decent girl who always considers manners as a high rule of her attitude. She is angry and continuously pressures her husband to admit the fact of her father heritage. As an upper class girl she should not do this. On the contrary, she has to apologize to him because of her rude act. But she does think about that manner, she only thinks that she has to get the answer from him about it.

*“In her more gathered moments, Elizabeth would have thought to apologize, but it did not occur to her now. “Why did you not tell me?” she pursued.*

*She fixed her gaze on the short, blunt stubble of Snowden’s chin, which was a light color, and so caught the very last of the sun—and she tried to smile a little in gratitude”.*(Splendor, page 37)

### 3.3.6 Projection

Projection is defense mechanism where there is an impulse which is caused anxiety was dropped out by directing the anxiety or predicting it the other, these threats which are from the inside of persons dispersed to another people. In projection, people is enough to say “he hates me” as a substitute of “I hate him” or “he always threatens me” as a substitute of a conscience “I always disturb him”. Lizzy, is a girl that pretends to be kind wife for her second husband. It is her action to hide her displeased to marry him or his attitude to her.

She always abuses him because she does not have courage to do it in front of him.

*“Elizabeth preferred the old way of illuminating a room, for it was subtle, almost ghostly, compared to what an incandescent bulb would provide. He was kind, of course he was, and she should stop slandering him in her mind”. (Splendor, page 76)*

### 3.3.7 Aggression

Freud says that when someone feels so worried of something which makes him in anxiety, it surely happens that he will do kind of protection in reducing the anxiety, thereby it cannot threaten anymore. It happens because there is angry feeling which is caught with suspense and anxious that can go straight on destruction and attacking. After knowing about her father heritage and Klondike, she cannot hide her angry feeling to him. She wants to try forgetting and consider that it never happens. But she cannot do it, more and more she thinks about his mistakes make her more hating and angry with him. More and more she thinks about what he does for her, makes her more abusing him and not respecting him anymore. She actually does not want to do this, but it is happen under control. Her disappointment because of his lying and his attitude which pretend him to be a kind husband make her disgusting.

*“She had never stopped to think very much about what occupied Snowden’s thoughts; the realization made her feel even more of a churl. He had done so much for her—the perfectly chosen silver rattle was only the most recent example—and she had never so much as stopped to consider what preoccupations might plague him. He had not turned to look at her, and so she rested a reassuring hand*

*on his arm and allowed the touch to lengthen, compassionately, into the quiet. He did not offer a word or a glance, but still she thought that she was being admirably wifelike, and when she felt that her hand upon his arm had served its purpose, she left the room to search for something soothing to serve him. Tea perhaps, or better yet, brandy, which the staff had not yet found time to decant into the crystal bottles that she'd intended for the regency huntboard in the front parlor" (Splendor, page 84).*

### 3.3.8 Fantasy

Fantasy distorts anxiety by imagination. Ones imagine their unacceptable desires where it cannot be fulfilled in reality. Fantasy creates an inner world when the real world becomes too painful, difficult, or stressful.

When someone feels too afraid of something danger, it surely happens that he will try to find out a notice or help from other people to make him feels safe and calm. One of defense mechanisms are used by people is regression. In this regression, someone will back to the time can give save, comfortable and peaceful condition to him. Someone who does this, he does not want to move to the next time which he has been through. This situation is also experienced by Lizzy. The incidents which have been through in her life make her depression. Her psyche makes her cannot accept her father and her first husband death. This situation brings her to put herself in the time when they are alive. She always imagines that they are beside her. She feels that her time with them will make her feel better and not scary about the reality of her life. A fact that she has lost her precious people and married with a bad guy, make her does not want to live in

the reality. That is way; she always creates her own happy story with them in her imagination.

*“When she closed her eyes, she was with Will again, walking across the warm brown hills of California, planning out a life together. She had loved Will from the time he came to work for her family—he was just a child then, and he had been orphaned by one of those fires that swept through tenements entrapping the poor souls who lived there in a final earthly conflagration. Neither of them could ever remember when their camaraderie became romantic love, but once it had, that love dictated a whole new way of life. They had been trying to return to California, where they had been happy—they had almost boarded their train—when they were spotted by a group of policemen who shot Will down”. (Splendor, page 8)*

She does it not only once, but she does it also frequently, especially when her worry and exhaustion come to her. According to her, this is the only way for her to make her calm down.

*“They were a deluge. By turns they washed her onto high, dry land and then back to rough waters. In moments she was there—making dinner for Will while he searched for the oil he believed would make them rich, her skin a little browned in the sun, her body warm—and in the next, she was on the platform at Grand Central Station with the sound of bullets ringing horrifically in her ears and the smell of blood turning her stomach”. (Splendor, page 37)*

When she is repressed by her second husband with giving her anesthetic medicine, she visualizes there is her first husband will help her to face him.

*“Then it was back to sleep, where Will would sweep from heaven, as strong as ever and now winged, and scoop her up and take her to see her father, who was sitting on a cloud, watching over them, smoking a pipe and reciting long-forgotten poems”. (Splendor, page 101)*

### 3.3.9. Denial

Denial is simply to deny an objectionable and painful reality. In denial a person insists that objectionable and painful reality do not happen. This kind of defense mechanisms occurred to Lizzy. When she is in subconscious condition because of the effect of medicine in her body, she tries to deny what has been doing by her second husband is for her sakes. He only wants to make her takes a rest for a while because it will be not good for her health if she does not have enough time for sleep. But the fact is very different from her mind. He does not care about her health. He wants to torture her. He wants to make her keep her mouth after knowing the truth.

*“She had tried to pretend to herself that it was all a delusion, and believe that Snowden really only did care that she got her rest. But then she saw the cruel calm with which he put her down again and again” (Splendor, page 98)*

### 3.3.10 Asceticism

In asceticism, people feel lose their interest from one of their life aspect and they give their attention in the other aspect. This is their way to avoid the reality. It is like what happen to Lizzy. She never feels interest with her second husband. She just does anything to make over her hate.

*“You know best,” she added, perhaps as a small consolation, a show of respect to make up for the secret act of equivocation that she committed every time she uttered the word husband. For husband to her was the late Will Keller, while the man everyone erroneously assumed was the father of her child was no more than a kind of shield*

*to protect her from society's censure. Romance had never been a factor in what only a few people knew to be her second marriage” (Splendor, page 6).*

It shows that she never cares about what her second husband does. She never considers him as her husband. She marries him for saving her family pride. She never put her interest in her marriage with him. She acts like an upper class which shows her respecting to the guest.





## C HAPTER IV

### CONCLUSION

This chapter elaborates on the conclusion as the result of the whole analysis in the previous chapters and it needs suggestions for the next researchers.

#### 4.1 Conclusion

After analyzing this research, the researcher finally comes to the conclusion about the result of analysis of Elizabeth Holland's anxiety in Anna Godberson's *Splendor*. From the analysis, the researcher finds that Elizabeth has a conflict between her Ego and Superego which is concluded as a neurotic, reality and moral anxiety that are caused by many problems outside such as threat, environment, repression, and frustration. In solving the anxiety, she undergoes defense mechanisms such as suppression, sublimation, displacement, rationalization, reaction formation, projection, aggression, fantasy, denial, and asceticism.

Elizabeth or Lizzy has a conflict between her Ego and Superego. This conflict makes her feel anxious that make her cannot think rationally. Her Superego feels that what has been done by Ego cause her second husband dead in which it is opposite to her heart voice. That conflict makes her feel guilty and blames her about the accident

which surely brings her in moral anxiety. Her moral anxiety has some characteristics such as restless, part of body tremble, hold something tightly, panic and also pale face. The threat from her second husband is the cause of her neurotic anxiety. Her neurotic anxiety has some characteristics such as; cold sweat, the heart beats fast, the hand is shaky, and nervous. She feels that her baby and her life are in danger. Her feeling of stress after losing her two precious men (her father and her first husband) causes her reality anxiety. The characteristics of her reality anxiety are; stress, shock, feel delayed at the imagination, etc. Look at the unpleasant feeling, defense mechanisms are done to make her calm such as; repression, sublimation, displacement, rationalization, reaction formation, projection, aggression, fantasy, denial, asceticism and regression.

#### **4.2 Suggestion**

In this research, the researcher only focuses on the intrinsic element of the novel exactly psychological aspect. After understanding the content of the novel, the researcher here just already known that there are many other phenomenon, they are feminism and moral values. Remembering that this research only bounded to one of the main character who has chronicle anxiety, thereby the next researcher is expected to be able to analyze more than one character in this novel. Moreover, due to the fact of anxiety and self defense

mechanism's employment in human life, hence the researcher suggest for the next researcher to investigate character's anxiety and self defense mechanisms reflected in other literary works. It can be applied by Freud's theory or other theories such as Anna Freud, Melanie Klein, Adler and Sullifan. By doing that, it is expected to give more understanding about the concept of anxiety and self defenses mechanism done in human life and can be useful for the readers in reducing their anxiety.

The researcher suggests to the readers to read this novel because it has an unpredictable story that will give lessons to them to solve their problems especially their anxiety problem. The researcher hopes that this research will help the readers to understand the novel. Moreover, for the conflicts that appears in this novel. In addition, the researcher thinks this research will be beneficial for the next researchers to do their research.

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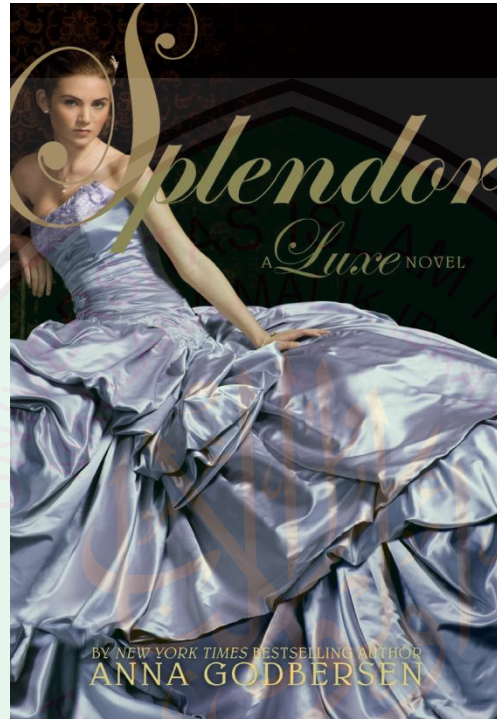
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# *APPENDICES*



## *SPLENDOR*

Fifty years ago, every American girl wanted to be a European princess. One could detect it in her gowns and gestures, for they all tried to dress as European ladies did and to imitate the manners of Parisian salons. But now they come from the old world to see how we behave and decorate ourselves here in the United States. They stand on the decks of steamers, gloved hands gripping the guardrail as they catch their first glimpse of Manhattan, that island of towering buildings and smothering secrets, brimming with its millions of lives celebrated or forgotten in

almost equal measure. What a narrow strip of land, those sea voyagers inevitably remark in surprise as they begin to take in the new world, for so very much to happen upon. Of course, roughly as many ships go out of the harbor as come into it. Even those whose names are regularly cast in the smudgy glory of gossip columns, and followed in every detail by an eager public, must sometimes leave. How many top-drawer souls were entrusted to the hands of the Cunard Company, whose twelve o'clock steamer was already drawing resolutely away from land, en route from New York to France? The crowd on the worn wood planks of the dock was growing smaller, as was the city that cropped up behind it. A gentleman or lady leaning against the rail could not even make out the handkerchiefs waving at them anymore, although they knew that fine examples of embroidery were still being held aloft in the thick summer air. Did they regard their hometown with love or nostalgia or resentment? Were they glad to see it slip by, block by block, or did they already miss its drawing rooms and shady clubs, the verdant park at its center, and the blocks of mansions lining its borders? *There*, those fine New Yorkers looking back at their city might think, *if I followed that street I would arrive at Mamie Fish's house. Or I could take that one to where the William Schoonmakers live, or to the Buck mansion, or to any number of Astor holdings.* They might reflect, thinking of those landmarks, that it has always been a world that holds its children tight to its breast, or else sends them away to wander like exiles. What slights and embarrassments, what suffocating marriages and unforgivable deeds, what grand social missteps might the voyagers under that cloudless July sky be trying to escape?

For any bright sets of eyes gazing a last time at the island of their birth, there will be a certain glow of longing for what was left behind. But the anguish of leaving will dim with every passing second as the excitement

of what they are yet to see grows. Especially for a girl who, say, has only recently come to understand what hearts are capable of, or where love and a healthy sense of curiosity can take her; or a fellow who has just experienced the thrill of truly cutting ties for the first time, and of stepping out as his own man. After all, it takes only a few seasons to learn how everything changes, and how quickly; to realize that the glorious and grotesque lives lived at the currently fashionable addresses will soon seem quaint and outdated. New York will always be there, but it grows stranger every day, and staying put will not make it stay the same. And in the end it doesn't matter, because these eyes had to go, and the distance from shore has rapidly become too great to swim. There is no going back now.

## 1. Anxiety Felt by Elizabeth Holland

“That past winter, when she'd traveled to Florida with her old friend Penelope, Teddy had hinted at the feelings he still harbored for her, and she had hoped, during a brief window between the day she realized she was carrying a child and his enlisting in the army, that he might propose to her again. She had even, if she was being honest, yearned for a kiss or a little tenderness from him, but that was a desire she had since buried rather deep, and now had difficulty looking at straight on. (*Splendor* chapter 2).

“For the only male heir of the Cutting shipping fortune was a boy named Teddy, who'd proposed marriage to her twice, when Will was still alive, without her or anybody else taking him very seriously. He was Teddy, after all, this friend who sat by her at her father's funeral, and was of such a quiet, subtle nature that he was almost invisible to her when her head was so full of the strapping boy who'd lived in her family's carriage house” (*Splendor*, chapter 2).

“After all, such longing meant the betrayal of not one but two husbands. Even if it hadn't, Teddy was now stationed far away in the Philippines, and Gemma Newbold was said to be expecting a proposal from him upon his return” (*Splendor*, chapter 2).

“All of her floundering had become raw for her again, and for a moment she would have given anything to be back in California, when she could still retract her foolish insistence that they return home. “The one thing I did wrong was come back here. All that fierce propriety—they

would never allow a boy like him to love a girl like me, not in this gilded cage of a city.” Elizabeth paused, and met her sister’s eyes. “It won’t be so different for you, Di” (*Splendor*, chapter 16).

## 1. Neurotic anxiety

“So this late-night visitor was the man who’d written the note. A shudder traveled hard across Elizabeth’s body, from left to right, and though the summer heat was as stifling as ever she felt for a moment as though she’d been standing out in a winter gale for several hours. But the feeling was not just within her; her hands shook, and in another moment her tray, and the full glass upon it, capsized. She grasped for them helplessly, but this only caused their trajectory to be more violent, and when they hit the floor the glass shattered loudly and the sickeningly sweet smell of the brandy filled her nostrils. She looked down at the mess, her mouth forming a small, tremulous circle. Now she pulled away from Snowden instinctively, as though from something vile. “He killed Will, because you told him to,” she whispered. She had to put her hand out for the wall again, as she backed away from her husband” (*Splendor*, chapter 17).

“That’s why you were paying him. You paid him to kill Will so that you could marry me. So that you would own the land in California, so that you would own all that oil we’re living on now. “That money you gave my mother last fall, you had stolen it, hadn’t you? You weren’t going to give us father’s share. You killed him for it, and would have kept it all, if you hadn’t realized there was more money to be made by keeping up relations with his widow and daughters. By marrying into the family.” She brought her hands up to cover her eyes as she let out a moan. “Oh, *God*. (*Splendor*, chapter 24)”.

<b>2. Reality anxiety</b>	<p>“You know best,” she added, perhaps as a small consolation, a show of respect to make up for the secret act of equivocation that she committed every time she uttered the word <i>husband</i>. For husband to her was the late Will Keller, while the man everyone erroneously assumed was the father of her child was no more than a kind of shield to protect her from society’s censure. Romance had never been a factor in what only a few people knew to be her second marriage. When she closed her eyes, she was with Will again, walking across the warm brown hills of California, planning out a life together. She had loved Will from the time he came to work for her family (<i>Splendor</i>, chapter 2).</p> <p>“It was this sticky fact—that Will, the real father of her child, was never far from her mind—They were a deluge. By turns they washed her onto high, dry land and then back to rough waters. In moments she was there—making dinner for Will while he searched for the oil he believed would make them rich, (<i>Splendor</i>, chapter 7)”. </p>
	<p>“Will would sweep from heaven, as strong as ever and now winged, and scoop her up and take her to see her father, who was sitting on a cloud, watching over them, smoking a pipe and reciting long-forgotten poems (<i>Splendor</i>, chapter 31)”. </p> <p>“Later, when her body was no longer so storm-tossed by terror and emotion, she would come to see that it was Will who had been there, in her, like the winged angel she’d dreamed about, protecting her one final time (<i>Splendor</i>, chapter 38)”. </p>
<b>3. Moral anxiety</b>	<p>“Perhaps, she thought as she came onto the second-floor landing, her training to become a very marriageable debutante would one day make her a great cat burglar, too. But this was a whimsical direction, and her situation was very grave,</p>



	<p>and she wondered what that clear, cloying stuff that Snowden soaked his handkerchief in before smothering her mouth and nostrils was, and whether it didn't make her a little daffy besides causing her to fall asleep. The impact of that push was sudden and great. Snowden's slippers skidded against the step, and then his arms wheeled. The whites of his eyes grew huge, and he looked at the small, blond thing he had so easily kept subdued for many days now. But it was too late for him; the earth pulled him down hard, and not in any kind way. He hit the bottom of the stairs with a thud and a bone-snapping crack. After that Elizabeth took several quite audible breaths and still felt no kind of calm. She placed her hand on her belly, to try and stop the trembling there. The rest of her was a lost cause. Then she tiptoed forward, to see what she had done (splendor, chapter 38)".</p> <p>"For a girl who was raised for the exclusive purpose of appearing lovely and exercising correct behavior, she'd done some bad things in her life. But nothing had shut her down like this. Her hands, her will, had snuffed out a human life (<i>Splendor</i>, chapter 40)".</p>
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## 1. The Causes of Elizabeth Holland Anxiety

<h3>1. Repression</h3>	<p>"Elizabeth tried to move away from him, but he was holding tight to her hands. What the man she had been living with for so many months was capable of was finally beginning to dawn on her, and the sick feeling faded as the panic set in. Those unremarkable, blocklike features had, in a matter of minutes, come to hold impossible menace for her, and though she told herself that she should cry out, the fear spreading through her was so great, it seized her throat. The last thing she knew, before the faintness overcame her and she lost</p>
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first vision and then consciousness, was that he had roughly scooped her into his arms and was carrying her up the stairs “(*Splendor*, chapter 24).

“Your sister hasn’t been well. The doctor was here last night. He ordered her on bed rest until the baby comes, and gave her something so that she could sleep more easily.” Diana turned and smiled graciously at Snowden, in that confident glowing way Liz used to have with suitors. “A little time with me won’t harm her. I’ll just sit a minute, and be on my way.” (*Splendor*, chapter 25)

“Oh, Liz,” Diana said as she picked up her sister’s hand. It was limp to the touch, but then Elizabeth had never had a particularly firm grip. Her sister’s mouth opened and closed and she exhaled. “I’m not feeling well,” Elizabeth said dreamily, without opening her eyes. “I know,” Diana answered sympathetically. “But you’ll feel better soon. Can I get you anything?” “Teddy.” “What?” Then, in the same soft voice: “Could you get me Teddy Cutting, please?” (*Splendor*, chapter 25)

“Perhaps it was for this reason that she was unsurprised by the sound of a familiar voice in the hall quietly insisting upon seeing her. “But, Mr. Cutting, as I said, it is highly irregular for a gentleman to visit a woman in her condition, especially when she is not well enough to receive in her parlor. If Elizabeth were awake, I am sure she would be mortified by the idea of you seeing her in her bedroom....”. It made her want to cry, she knew she should be begging him to help her—and she felt her throat constrict. “Hello, Lizzie,” he said quietly. Now Elizabeth began to move her lips, but still she failed to make sound. *Help*, she was trying to say, but it was inaudible. Finally she managed to produce a weak croak, but it didn’t sound like any kind of language known to this world. Please. I fear you will cause her a great

	<p>shock.”. Then he bent forward, pretending to put his face close to her mouth as though he were listening, but in fact covering her lips. Panic seized Elizabeth, as it occurred to her that Snowden might somehow or other manage to keep her quiet until Teddy was gone (<i>Splendor</i>, chapter 26).</p>
<h2>2. Threat</h2>	<p>“A letter to Stanley Brennan, who had once been her family’s accountant, was clipped to the document, and the bit that caught Elizabeth’s attention read: <i>Please have the deed for the California property transferred—immediately and jointly—into the names Elizabeth Adora Holland and William Keller.</i> The signer of the letter was her late father; it was dated a week before his death, and posted from the Yukon Territory. Her heart had begun to thud and her vision was growing blurry with tears (<i>Splendor</i>, chapter 7)”.</p> <p>“She set the box down and picked up the piece of paper anyway.</p> <p><i>Mr. Cairns, Please stop avoiding me. I know what you did in the Klondike, and if you don’t up my payments I will be forced to make your actions public.</i></p> <p><i>Sincerely, O.L.</i></p> <p>Elizabeth placed the note back on the marble top, just exactly as it had been, so that nobody would know it had been read. The word <i>Klondike</i> had a terrible significance for her; it was where her father had died. He had enjoyed traveling to exotic locations and speculating far and wide, and he had never cared much if the world considered him a smart businessman or not. That was how he had met Snowden in the first place”.(<i>Splendor</i>, chapter 16)</p> <p>“I don’t mean that I’m acquainted with him. But I’ve seen him before. He’s a policeman, and he was one of the men who—” The nausea was wracking her body now, and she slumped against the wall. “One of the policemen who killed my</p>

husband.” “He was one of the men who killed Will.” Now she pulled away from Snowden instinctively, as though from something vile. “He killed Will, because you told him to,” she whispered. She had to put her hand out for the wall again, as she backed away from her husband. “That’s why you were paying him. You paid him to kill Will so that you could marry me. So that you would own the land in California, so that you would own all that oil we’re living on now” (*Splendor*, chapter 24).

“But what about the Klondike? Why did he want to see you about the Klondike? What could possibly have happened in the Klondike?” She knew, without quite understanding how, that Snowden was responsible for that, too. “That money you gave my mother last fall, you had stolen it, hadn’t you? You weren’t going to give us father’s share. You killed him for it, and would have kept it all, if you hadn’t realized there was more money to be made by keeping up relations with his widow and daughters. By marrying into the family.” She brought her hands up to cover her eyes as she let out a moan. “Oh, *God*.” In the next moment Snowden had moved in close to her and ripped her hands away from her face. now illuminated his eyes, and she saw in them the plain, forceful avariciousness which had led him to prey on her and those she loved best. (*Splendor*, chapter 25)

“You are overtired, my dear,” he repeated, all persuasion gone from his voice. Now he was telling her how it would be. “Your condition is not good, you are unwell, and it can be so dangerous, carrying a child. How many young women die trying to bring their precious babies into the world? I think we had better put you to bed and keep you there, as long as possible.” Elizabeth tried to move away from him, but he was holding tight to her hands. What the man she had been living with for so many months was capable of was finally beginning to dawn on her, and the sick feeling faded as the panic set in. Those unremarkable, blocklike features had, in a matter

	<p>of minutes, come to hold impossible menace for her, and though she told herself that she should cry out, the fear spreading through her was so great, it seized her throat. The last thing she knew, before the faintness overcame her and she lost first vision and then consciousness, was that he had roughly scooped her into his arms and was carrying her up the stairs" (<i>Splendor</i>, chapter 24).</p>
<h3>3. Frustration</h3>	<p>"They had been trying to return to California, where they had been happy—they had almost boarded their train—when they were spotted by a group of policemen who shot Will down (<i>Splendor</i>, chapter 2)".</p> <p>"New York." There was a swelling in Elizabeth's throat, which she tried not to give in to. All of her floundering had become raw for her again, and for a moment she would have given anything to be back in California, when she could still retract her foolish insistence that they return home. "The one thing I did wrong was come back here. All that fierce propriety—they would never allow a boy like him to love a girl like me, not in this gilded cage of a city (<i>Splendor</i>, chapter 16)".</p> <p>You know best," she added, perhaps as a small consolation, a show of respect to make up for the secret act of equivocation that she committed every time she uttered the word <i>husband</i>. For husband to her was the late Will Keller, while the man everyone erroneously assumed was the father of her child was no more than a kind of shield to protect her from society's censure. Romance had never been a factor in what only a few people knew to be her second marriage (<i>Splendor</i>, chapter 2).</p> <p>He was kind, of course he was, and she should stop slandering him in her mind(<i>Splendor</i>, chapter 16).</p> <p>She had tried to pretend to herself that it was all a delusion, and believe that Snowden really only did care that she got</p>

	<p>her rest. But then she saw the cruel calm with which he put her down again and again, and she remembered that he had killed with awful calculation before (<i>Splendor</i>, chapter 38).</p> <p>“For the only male heir of the Cutting shipping fortune was a boy named Teddy, who’d proposed marriage to her twice, when Will was still alive, without her or anybody else taking him very seriously. He was Teddy, after all, this friend who sat by her at her father’s funeral, and was of such a quiet, subtle nature that he was almost invisible to her when her head was so full of the strapping boy who’d lived in her family’s carriage house. That past winter, when she’d traveled to Florida with her old friend Penelope, Teddy had hinted at the feelings he still harbored for her, and she had hoped, during a brief window between the day she realized she was carrying a child and his enlisting in the army, that he might propose to her again. She had even, if she was being honest, yearned for a kiss or a little tenderness from him, but that was a desire she had since buried rather deep, and now had difficulty looking at straight on”. (<i>Splendor</i>, chapter 2).</p>
<p><b>4. Environment</b></p>	<p>“For as long as anybody could remember, Elizabeth had been the kind of young lady who did not merely heed propriety but experienced the upholding of gentle traditions with genuine pleasure. Elizabeth disguised her disappointment with a docile smile and inclined her heart-shaped face and brown eyes in Snowden’s direction. You know best,” she added, perhaps as a small consolation, a show of respect to make up for the secret act of equivocation that she committed every time she uttered the word <i>husband</i>”. (<i>Splendor</i>, chapter 2).</p> <p>“...Of course no one has seen Miss Diana’s older sister, the former Miss Elizabeth Holland, as of late, either. She</p>

has happily wed her late father's business partner, Snowden Trapp Cairns, and if rumors are to be believed, there will be a new member of the family by fall. We congratulate the Cairnses; the lovely Mrs. deserves nothing less after her harrowing experience of last winter, when she was kidnapped by a love-crazed former Holland family employee and barely escaped with her life after a violent scene in Grand Central Station...."(Splendor, chapter 2)

"Those of us who thought that Elizabeth Holland—a girl most artfully groomed to be a bride—took a social step down in marrying her father's former business partner, Snowden Trapp Cairns"(Splendor, chapter 7).

"She was, in truth, relieved that she had been interrupted before some nonsensical emotions led her to snoop in her husband's mail, for she had never wanted to be that kind of wife. Though she did lie down, she did not in the end manage to fall asleep". (Splendor, chapter 12).

"For as long as anybody could remember, Elizabeth had been the kind of young lady who did not merely heed propriety but experienced the upholding of gentle traditions with genuine pleasure. When they were transgressed, she felt a corollary deep shame". (Splendor, chapter 2)

"There was a swelling in Elizabeth's throat, which she tried not to give in to. All of her floundering had become raw for her again, and for a moment she would have given anything to be back in California, when she could still retract her foolish insistence that they return home. "The one thing I did wrong was come back here. All that fierce propriety—they would never allow a boy like him to love a girl like me, not in this gilded cage of a city." Elizabeth paused, and met her sister's eyes" (Splendor, chapter 16).



“For the only male heir of the Cutting shipping fortune was a boy named Teddy, who’d proposed marriage to her twice, when Will was still alive, without her or anybody else taking him very seriously. He was Teddy, after all, this friend who sat by her at her father’s funeral, and was of such a quiet, subtle nature that he was almost invisible to her when her head was so full of the strapping boy who’d lived in her family’s carriage house. That past winter, when she’d traveled to Florida with her old friend Penelope, Teddy had hinted at the feelings he still harbored for her, and she had hoped, during a brief window between the day she realized she was carrying a child and his enlisting in the army, that he might propose to her again. She had even, if she was being honest, yearned for a kiss or a little tenderness from him, but that was a desire she had since buried rather deep, and now had difficulty looking at straight on”. (*Splendor*, chapter 2).

## 2. Defense Mechanisms Done by Elizabeth Holland

### 1. Suppression

“nothing less after her harrowing experience of last winter, when she was kidnapped by a love-crazed former Holland family employee and barely escaped with her life after a violent scene in Grand Central Station....” (*Splendor*, chapter 2)

“When she closed her eyes, she was with Will again, walking across the warm brown hills of California, planning out a life together. They had been trying to return to California, where they had been happy—they had almost boarded their train—when they

	<p>were spotted by a group of policemen who shot Will down". (splendor, chapter 2)</p> <p>"In her mind's eye she saw Will just before he was gone, his face so full of fear and confusion, his whole body traumatized with pain". (<i>Splendor</i>, chapter 38)</p>
<b>2. Sublimation</b>	<p>"Ever since she had heard about the success of his oil field, she had been wearing black in a secret act of devotional widowhood,...." (<i>Splendor</i>, chapter 12).</p>
<b>3. Displacement</b>	<p>in the cairns brownstone, on an eminently respectable stretch of madison, everything was in its place and an air of prosperous well-being floated throughout the rooms. the cook was preparing dinner, for all the holland women would be dining there that evening. elizabeth had had a busy week, but she'd finally managed some rest that afternoon, and now that order had been established, and the place was looking so much more like a home, a healthy aspect had returned to her cheeks. she had not paused the hectic business of making a household all week, and she was glad that she hadn't, now that she knew what a homecoming it would be.</p> <p>of course there was another, barely conscious reason for her constant busyness..." (<i>Splendor</i>, chapter 12).</p>
<b>4. Rationalization</b>	<p>Those of us who thought that Elizabeth Holland—a girl most artfully groomed to be a bride—took a social</p>



	<p>step down in marrying her father's former business partner, Snowden Trapp Cairns, must now admit that she did not". "Her Will. It was this sticky fact—that Will, the real father of her child, was never far from her mind—which made her resist lying down on one of the new chaises in her parlor". (<i>Splendor</i>, chapter 7)</p> <p>"Elizabeth's pale lashes fluttered. But of course she was his wife, she reminded herself, as he knelt by her side. He grasped her hand, and she realized that he had scarcely touched her since kissing her in the carriage after he'd first shown her the new house". (<i>Splendor</i>, chapter 7)</p>
<b>5. Reaction formation</b>	<p>In her more gathered moments, Elizabeth would have thought to apologize, but it did not occur to her now. "Why did you not tell me?" she pursued.</p> <p>She fixed her gaze on the short, blunt stubble of Snowden's chin, which was a light color, and so caught the very last of the sun—and she tried to smile a little in gratitude". (<i>Splendor</i>, chapter 7)</p>
<b>6. Projection</b>	<p>"Elizabeth preferred the old way of illuminating a room, for it was subtle, almost ghostly, compared to what an incandescent bulb would provide. He was kind, of course he was, and she should stop slandering him in her mind". (<i>Splendor</i>, chapter 16)</p>
<b>7. Aggression</b>	<p>"She had never stopped to think very much about what occupied Snowden's thoughts; the realization made her feel even more of a churl. He had done so much for her—the perfectly chosen silver rattle was only</p>

	<p>the most recent example—and she had never so much as stopped to consider what preoccupations might plague him. He had not turned to look at her, and so she rested a reassuring hand on his arm and allowed the touch to lengthen, compassionately, into the quiet. He did not offer a word or a glance, but still she thought that she was being admirably wifelike, and when she felt that her hand upon his arm had served its purpose, she left the room to search for something soothing to serve him. Tea perhaps, or better yet, brandy, which the staff had not yet found time to decant into the crystal bottles that she'd intended for the regency huntboard in the front parlor”(<i>Splendor</i>, chapter 24).</p>
<p><b>8. Fantasy</b></p>	<p>“When she closed her eyes, she was with Will again, walking across the warm brown hills of California, planning out a life together. She had loved Will from the time he came to work for her family—he was just a child then, and he had been orphaned by one of those fires that swept through tenements entrapping the poor souls who lived there in a final earthly conflagration. Neither of them could ever remember when their camaraderie became romantic love, but once it had, that love dictated a whole new way of life. They had been trying to return to California, where they had been happy—they had almost boarded their train—when they were spotted by a group of policemen who shot Will down”. (<i>Splendor</i>, Chapter 2)</p> <p>“They were a deluge. By turns they washed her onto high, dry land and then back to rough waters. In moments she was there—making</p>

	<p>dinner for Will while he searched for the oil he believed would make them rich, her skin a little browned in the sun, her body warm—and in the next, she was on the platform at Grand Central Station with the sound of bullets ringing horrifically in her ears and the smell of blood turning her stomach”. (<i>Splendor</i>, chapter 7)</p> <p>“Then it was back to sleep, where Will would sweep from heaven, as strong as ever and now winged, and scoop her up and take her to see her father, who was sitting on a cloud, watching over them, smoking a pipe and reciting long-forgotten poems”. (<i>Splendor</i>, chapter 31)</p>
<p><b>9. Denial</b></p>	<p>“She had tried to pretend to herself that it was all a delusion, and believe that Snowden really only did care that she got her rest. But then she saw the cruel calm with which he put her down again and again”( <i>Splendor</i>, chapter 38)</p>
<p><b>10. Asceticism</b></p>	<p>“You know best,” she added, perhaps as a small consolation, a show of respect to make up for the secret act of equivocation that she committed every time she uttered the word <i>husband</i>. For husband to her was the late Will Keller, while the man everyone erroneously assumed was the father of her child was no more than a kind of shield to protect her from society’s censure. Romance had never been a factor in what only a few people knew to be her second marriage” (<i>Splendor</i>, chapter 2)</p>

## CURRICULUM VITAE

### I. IDENTITY

1. Name : Fiqih Aisyatul Farokhah
2. NIM : 11320002
3. Profession : Student
4. University : Maulana Malik Ibrahim State Islamic University of Malang
5. Birth Place and Date : Lamongan July 12, 1993
6. Hoby : Traveling
7. Address : Paciran-Lamongan
8. Email : [Elfaro\\_echa12@yahoo.com](mailto:Elfaro_echa12@yahoo.com)
9. Facebook : Echa elfaro

### II. EDUCATIONAL BACKGROUND

1. Madrasah Ibtidaiyah Maslakul Huda Dengok lulus tahun 2005.  
(Maslakul Huda Islamic Elementary School, 2004)
2. Madrasah Tsanawiyah Kanjeng Sepuh lulus 2008.  
(Kanjeng Sepuh Islamic Junior High School, 2008)
3. Madrasah Aliyah Tarbiyatuth Tholabah Karanji lulus 2011  
(Tarbiyatuth Tholabah Islamic Senior High School 2011)

4. Universitas Islam Negeri (UIN) Maulana Malik Ibrahim Malang, 2015  
(Maulana Malik Ibrahim State Islamic University of Malang, 2015).

