

**ANXIETY AND DEFENSE MECHANISM EXPERIENCED BY
BEVERLY MARSH IN STEPHEN KING'S *IT* NOVEL**

THESIS

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DEPARTMENT OF ENGLISH LITERATURE

FACULTY OF HUMANITIES

UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG

2021

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THESIS

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In Partial Fulfillment of the Requirements for the Degree of Sarjana Sastra (S.S.)

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2021

STATEMENT OF ACADEMIC INTERGRITY

I state that the thesis entitled “**Anxiety and Defense Mechanism Experienced by Beverly Marsh in Stephen King’s *IT* Novel**” is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in bibliography. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

Malang, December 15th, 2021

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APPROVAL SHEET

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Dean of Faculty of Humanities



MOTTO

Being brave doesn't mean you're not scared. It means you're scared but you hang
in there. Then believe everything's gonna be alright.

The Amityville – 2005

DEDICATION

I dedicate this precious thesis to myself who finally can finish this thesis well and
for all people who never give up whenever it feels hard.

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Bismillahirrohmanirrahim,

Assalamu'alaikum wa Rahmatullahi wa Barakatuh

Alhamdulillahirobbil 'aalamin, all praises to Allah SWT, our God, Lord of universe, who has given me a guidance, inspirations, and blessing to finish this precious thesis entitled “Anxiety and Defense Mechanism Experienced by Beverly Marsh in Stephen King’s *IT* Novel” as a requirement for obtaining a bachelor’s degree in Department of English Literature, UIN Maulana Malik Ibrahim Malang. *Sholawat* and *salam* be upon to our greatest prophet, Muhammad SAW, who has guided us to the path of mercy, Islam *rahmatan lil 'alamin*.

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At last, if there are any errors or inadequacies in this study, I welcome all constructive suggestions and criticism from all parties in order to improve it further. I hope that this thesis will be of assistance to me, the readers, and the next researcher.

Wassalamu'alaikum wa Rahmatullahi wa Barakatuh

Malang, November 13th, 2021

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ABSTRACT

Salsabyla, Nada. 2021. *Anxiety and Defense Mechanism Experienced by Beverly Marsh in Stephen King's IT Novel*. Undergraduate Thesis. Department of English Literature Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang.

Advisor: Asni Furaida, S.S., M.A.

Keywords: Psychological Approach, Anxiety, Defense Mechanism

Anxiety is characterized by disruptions in mood, thought, behavior, and biological activity, and can be described as a pathological counterpart to natural fear. It's a warning sign for potentially dangerous situations, such as a signal for the ego, which constantly rises when someone fails to take the necessary action. The purpose of this research was to determine the types of anxiety and defense mechanisms experienced by Beverly Marsh in Stephen King's IT novel, who frequently experienced various kinds of anxiety. This research also reveals how Beverly's defense mechanism to alleviate her anxiety in her life. Many cases of anxiety in Beverly's life occurred in real life. By this research, it is expected that we can be more considerate and responsive to the anxiety that happens around us.

This research method is literary criticism, and the main data is taken from the novel IT by Stephen King in 1986. The data for this study were derived from narrative and conversational texts in Stephen King's IT novel. Researcher collects the data by focusing on narrative or conversational texts that are relevant to the study's problems. This study employs a psychological analysis approach based on Sigmund Freud's theory of anxiety and defense mechanisms. The researcher found the types of anxiety experienced by Beverly according to Freud's personality theory and also the defense mechanisms used by Beverly to alleviate her anxiety in her life.

The findings of this study indicate three results; first, the causes that make Beverly has anxiety, which include the threat of her husband. Second, the types of anxiety experienced by Beverly Marsh, those are reality anxiety and neurotic anxiety. Third, the defense mechanism that Beverly did to alleviate her anxiety, which included repression (Beverly always stay silent and chooses to hide her true feelings) and regression (Beverly likes to gently rub her elbows and bite her fingers short).

مستخلص البحث

سلسبيلا، ندى. 2021. آلية الحماية الذاتية بيفرلي مارش من القلق في الرواية IT بواسطة

ستيفن كينج. البحث العلمي. قسم الأدب الإنجليزي، كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج.

المشرفة: أسني فوريدا الماجستير

الكلمات الأساسية: النهج النفسي، القلق، آلية الحماية الذاتية

يتسم القلق باضطرابات المزاج والفكر والسلوك والنشاط البيولوجي، ويمكن وصفه بأنه النظير المرضي للخوف الطبيعي. هذه علامة تحذير لموقف يحتمل أن يكون خطيراً، مثل إشارة إلى الأنا، والتي تستمر في التصعيد عندما يفشل الشخص في اتخاذ الإجراء اللازم. كان الغرض من هذا البحث هو تحديد أنواع آليات القلق والدفاع التي واجهتها بيفرلي مارش رواية ستيفن كينج. يتم تحليل هذه الرواية بمنهج نفسي. علاوة على ذلك، تم نشر هذه الرواية في عام 1986 وقام بالبحث عنها شخص واحد فقط. هذا يجذب الباحثين الذين يرغبون في دراسة الرواية من منظور مختلف. هذه الدراسة لها ثلاثة أهداف: أولاً، التعرف على أسباب القلق. ثانياً، التعرف على أنواع للتعامل مع قلقها. .القلق؛ وثالثاً، تحديد آليات دفاع بيفرلي

هذه الدراسة هي دراسة للنقد الأدبي لأنها مرتبطة فقط بتحليل العمل الأدبي. تأتي بيانات هذا البحث من النصوص السردية والمحادثات في رواية تكنولوجيا المعلومات لستيفن كينج. يجمع الباحثون البيانات من خلال التركيز على النصوص السردية أو المحادثات ذات الصلة بمشكلة البحث. تستخدم هذه الدراسة نهج التحليل النفسي القائم على نظرية سيغموند فرويد للقلق وآليات الدفاع. القلق، حسب فرويد، هو حالة عاطفية غير سارة تنشأ في الشخص تحسباً لخطر حقيقي أو وهمي على موقف ما. يمكن أن يتطور القلق المفرط نتيجة لحدث صادم حدث لشخص ما. آليات الدفاع هي استراتيجيات نفسية يستخدمها الأفراد أو الجماعات أو حتى الأمة لمواجهة الصبورة الذاتية للفرد. الواقع والحفاظ على

تشير نتائج هذه الدراسة إلى أسباب قلق بيفرلي وهي والدها وزوجها وصدمة الطفولة. ثانيًا، هناك ثلاثة أنواع من القلق تعاني منها بيفرلي مارش، وهي القلق الواقعي والقلق العصبي والقلق آليات. الأخلاقي. ثالثًا، وجد الباحثون أشكالًا من آليات دفاع بيفرلي ، والتي تشمل القمع والرفض دفاع بيفرلي، والتي تشمل القمع والرفض والتراجع.

ABSTRAK

Salsabyla, Nada. 2021. *Kecemasan dan Mekanisme Perlindungan Diri Beverly Marsh dalam Novel IT oleh Stephen King*. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang.

Pembimbing: Asni Furaida, S.S., M.A.

Kata Kunci: Pendekatan Psikologi, Kecemasan, Mekanisme Perlindungan Diri.

Kecemasan ditandai dengan gangguan suasana hati, pikiran, perilaku, dan aktivitas biologis, dan dapat digambarkan sebagai mitra patologis dari ketakutan alami. Ini adalah tanda peringatan untuk situasi yang berpotensi berbahaya, seperti sinyal untuk ego, yang terus meningkat ketika seseorang gagal mengambil tindakan yang diperlukan. Tujuan dari penelitian ini adalah untuk mengetahui jenis kecemasan dan mekanisme pertahanan yang dialami oleh Beverly Marsh dalam novel *IT* Stephen King yang sering mengalami berbagai macam kecemasan. Penelitian ini juga mengungkap bagaimana mekanisme pertahanan Beverly dalam meredakan kecemasannya dalam hidupnya. Banyak kasus kecemasan dalam kehidupan Beverly terjadi di kehidupan nyata. Dengan adanya penelitian ini diharapkan kita dapat lebih peka dan tanggap terhadap kecemasan yang terjadi pada diri kita.

Metode penelitian ini adalah kritik sastra, dan data utama diambil dari novel *IT* karya Stephen King tahun 1986. Data penelitian ini berasal dari teks naratif dan percakapan dalam novel *IT* karya Stephen King. Peneliti mengumpulkan data dengan memfokuskan pada teks naratif atau percakapan yang relevan dengan masalah penelitian. Penelitian ini menggunakan pendekatan analisis psikologis berdasarkan teori mekanisme kecemasan dan pertahanan Sigmund Freud. Peneliti menemukan jenis-jenis kecemasan yang dialami Beverly menurut teori kepribadian Freud dan juga mekanisme pertahanan yang digunakan Beverly untuk meredakan kecemasannya dalam hidupnya.

Temuan penelitian ini menunjukkan tiga hasil; Pertama, penyebab Beverly mengalami kecemasan ialah antara lain ancaman dari suaminya. Kedua, jenis-jenis kecemasan yang dialami oleh Beverly Marsh, yaitu kecemasan realitas dan kecemasan neurotik. Ketiga, mekanisme pertahanan yang dilakukan Beverly untuk meredakan kecemasannya, yang meliputi represi (Beverly selalu diam dan memilih untuk menyembunyikan perasaannya yang sebenarnya) dan regresi (Beverly suka mengusap sikunya dengan lembut dan menggigit jarinya pendek).

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CHAPTER I

INTRODUCTION

In this chapter, the researcher explains the overview of the thesis in the background. The formula for the research questions explains the problem of the study. The objectives of the study will present related to the problem of the study. The researcher will also explain some steps such as limitation of the study, significances of the study, definition of key terms in collecting and analyzing the data. Some previous studies will be described in detail and clarity in this chapter to reinforce her research. Of course, the method of the study will be shared here so the reader can better understand the flow of this research.

A. Background of Study

Everyone wants to live as quiet and peaceful without disruptions and problems in their life. Many factors such as family, friends, work or atmosphere may cause these problems. Not only adults, children can also experience problems that make them afraid, uncomfortable, and even traumatized. Trauma means a traumatic event which involves a single event or experience. It involves the feelings and emotions (Heidarizadeh, 2015). Trauma according to psychoanalysis triggered by catastrophic incidents, war, betrayal and sexual assault (Hatta, 2016). The key point is various people respond differently to similar happenings. Traumatic memories, irrational hatred of specific objects, proximity to specific situations or physical locations, or a persistent worry that something bad will

happen in the future can all trigger anxiety disorders like panic, phobias, and obsessive behaviors (Hatta, 2016).

Anxiety is something we all go through. It is an essential part of our lives and a natural human state. In fight or flight mode, anxiety aids us in recognizing and responding to danger. It can inspire us to face our fears and take on difficult tasks. Anxiety in the right amount can help us perform better, as well as stimulate action and creativity. According to Paul Swift in *Mental Health Awareness* (2014), anxiety is a common emotion because it affects everyone at some point in their lives. Its natural function is to warn us about potential threats so that we can assess and respond appropriately. This increased level of preparedness can also aid performance and stimulate creative impulses. Anxiety is frequently seen as a product of modern societies, with representations in the visual arts, music, literature, and social media (Swift, 2014).

From the data obtained from Paul Swift in *Mental Health Awareness* (2014), for some people, anxiety triggers inappropriate or disproportionate responses to perceived threats, leading to persistent and intrusive symptoms associated with anxiety disorders, such as panic, phobias and obsessive behaviors, which often have a debilitating effect on their lives (Swift, 2014). Anxiety is frequently accompanied by plenty of interconnected symptoms and disorders. One in every four people in the UK suffers from a mental health problem each year, with one in every six suffering from a neurotic disorder such as anxiety or depression. Anxiety disorders affect 3.3% of children and young adults in the United Kingdom. Paul Swift (2014) also said that we are living in "age of

anxiety," which reflects a widespread concern about the defining aspects of modern life, such as our jobs, how we raise our children, our attitudes toward people who are disadvantaged, the future of public services, the threat of terrorism, and so on. The purpose of this report is to examine how different types of anxiety, found at various points along the continuum, are experienced by people and how they are portrayed to the general public. It looks at how anxiety manifests in everyday life, as well as what happens when it becomes more than a fleeting experience and manifests as a series of debilitating episodes or a constant presence in someone's life.

In the psychological environment, it is referred to a defense mechanism which assumed to be a protection or defense to alleviate anxiety. According to Freud, the word defense mechanism is referred to the unconscious mind of someone protecting themselves from fear; it protects themselves from external threats or anxieties by distorting reality in certain ways. People who are effective in carrying out their defense mechanism also have a good life because anxiety can be minimized. Freud explained that the id is a personality system that is unconscious and has no contact with reality. The id works using the pleasure principle, that the id always seeks pleasure and avoids pain. Like the id, the superego is also unconscious and has no contact with reality. The superego is responsible for building the moral system in the personality, and always consider things with good or bad judgment. In contrast to the id and superego, the ego is partly conscious and works based on the reality principle, that the concept in which the ego seeks to harmonize the fulfillment of pleasure for the individual

with the values of society (Halonen, 1996). Freud further explained that anxiety, which was mentioned earlier, is formed due to a conflict between the id and the superego. This anxiety then acts as a danger signal for the ego to act (Pervin, 1997). If the ego cannot cope with anxiety in rational ways, then the ego will use unrealistic ways called defense mechanisms (Hall and Lindzey, 1993). However, if people fail to do defensive mechanisms, they will certainly suffer an anxiety disorder and other everlasting negative thoughts and feelings, such as obsessive compulsiveness, which constantly feeling hesitant over anything. The majority of our defense mechanisms are learned behaviors that we learned as children. That's good thing because it means that as adults, we can choose to learn new behaviors and defense mechanisms that will help us in our lives. If we want, a number of psychotherapists can assist us in addressing these issues. Even becoming more aware of when we're using one of the less primitive types of defense mechanisms mentioned above can help us identify behaviors we want to stop.

A view to defense mechanism is not only required to analyze real human psychological life, it is also required to analyze character in literary work. Literary work is trusted to be an instance of the psychological state in real life, including in the production and interpretation of literary work. According to Suwardi (2011), when critics read literary works such as novel, drama, poetry, or short story, they implicitly deal with the psychological element that occurs to them, it may be the psychic state of the author as he or she creates literary works, characters, or psychological aspects of the reader. The aim of literary psychology is to examine literary work, which is believed to be a representation of psychological processes

and psychological activity. It also helps people to understand the characters in the literary work in order to cope with lives and to solve the problems.

Psychology is an essential topic that needs to be analyzed. Since there is a connection between psychology and literary work, the researcher is necessary to review the work that offer a psychological perspective of the novel. These reasons are based on the fact that the researcher reads a novel entitled *IT* by Stephen King. The reason why *IT* novel by Stephen King is interesting to be analyzed because the story of the novel shows various experiences such as bullying and violence that causes various anxiety in each character. In this novel, Beverly Marsh as the main character experienced incident which is different with the other characters.

Beverly Marsh has the anxiety that is going on constantly and she has to overcome it. Her anxiety appears because of abuse committed by her father that makes her mind and behavior different from her age. Beverly is the only female member of the Losers' Club. She is a tomboy who smokes cigarettes and has a knack for marksmanship. Beverly is the daughter of Elfrida Marsh, who works as a server at Derry's best restaurant, and Al Marsh, who works as a janitor at the Derry Home Hospital. Beverly inherits her father's red hair, left-handedness, and talent for drawing, which she uses to launch a career as a dress designer and the creative force behind Beverly Fashions, a company she co-owns with her husband, Tom Rogan. Beverly develops an attraction to abusive men as a result of her childhood experiences with her father Al, who beats Beverly on a regular basis and is verbally and sexually abusive. Her friendship with feminist author Kay McCall suggests she is opposed to this treatment, but she is hesitant to

disavow Tom, even after fighting with him and leaving him behind in Chicago, where they live. Most men in her life, particularly her father and husband, sexually objectify her.

This study was conducted to determine the anxiety that happen to Beverly that has an impact on her social life in the *IT* Novel by Stephen King and defense mechanism used by Beverly Marsh. Now, based on the researcher's initial review of related literature, it found that there are no studies discuss the topic.

The researcher found some previous studies that relate to the topic. One of them is *Widya*, a student of Airlangga University, Surabaya, who wrote a thesis with the title *The Unity of Friendship against Pennywise Clown Terror In the "It" Novel: A New Criticism Study*. This study discusses the plot, characterization and setting. It used *IT* Novel by Stephen King as the object with a new criticism approach (Widya, 2019). The next is *Nuraeni*, a student from Islamic State University Syarif Hidayatullah, Jakarta. She wrote a thesis with the title *Main Characters Analysis on Anxiety: A Defense Mechanism in Bridge to Terabithia Novel*. This thesis focuses on two characters. They are Jessie and Leslie, as the main characters that were suffering from neurotic and spiritual anxieties. (Nuraeni, 2010). The third is Nathania Astria Pangestu and F.X. Dono Sunardi, a student of the Ma Chung University, compiled a thesis by the title *An Incomplete Psychological Novel: a Psychoanalytical Analysis of Hazel Lancaster in John Green's The Fault in Our Stars*. It describes Hazel Grace Lancaster, the main character of the novel, self-defense mechanisms and the key problems in the story (Pangestu and Sunardi, 2016). The last previous study is M. Miftahul Jannah, a

student of the Sunan Kalijaga State Islamic University of Yogyakarta, who compiled a thesis by the title *Anxiety and Defense Mechanism on Alan Turing in The Imitation Game Movie*. The writer focused on on the character, Alan Turing, that have an anxiety and to examine his defense mechanism. (Jannah, 2016).

The previous studies above credibly show that the topic of anxiety in literary works is interesting and important to be analyzed. Therefore, the researcher believes that an in-depth analysis of this topic is still needed. Due to this interest, the researcher intends to compile the research on Neurotics Anxiety and Defense Mechanism Experience by Beverly Marsh in Stephen King's *IT* Novel, which will focus on the causes that makes Beverly has anxiety, kinds of anxiety in this novel and Beverly's defense mechanism to alleviate her anxiety with the perspective of psychology and theory of anxiety by Sigmund Freud.

The researcher wants to talk about Sigmund Freud's psychological theory, specifically anxiety and defense mechanisms. She wants to know what are the causes Beverly Marsh experienced anxiety, how it manifests, and what defense mechanisms she employs to deal with it. Sigmund Freud (1936) argues that anxiety is an unpleasant state of effectiveness accompanied by physical sensations that warn the person of impending danger. According to Hall (1985), anxiety is a critical variable in almost all personality theories. Anxiety, as a source of conflict that is an unavoidable part of life, is frequently regarded as a significant component of personality dynamics. Defense mechanisms are also being studied as a complement to anxiety. Two theories are used in this novel because they are used to answer different research questions discovered by the researcher. In fact,

the researcher applied Freud's theory to deal with the defense mechanism. The researcher believes this study will be needed and give the readers a lot of beneficial as well as suggestion about the psychological event or condition in their real life.

B. Research Questions

Based on the previous background, this research intends to answer the three questions:

1. What are the causes of Beverly Marsh to have anxiety in the *IT* novel by Stephen King?
2. What is the type of anxiety experienced by Beverly Marsh in the *IT* novel by Stephen King?
3. What is the defense mechanism used by Beverly Marsh to alleviate her anxiety in the *IT* novel by Stephen King?

C. Research Objectives

1. To know what are the causes of Beverly Marsh that has anxiety in the *IT* novel by Stephen King.
2. To know the type of anxiety experienced by Beverly Marsh in the *IT* novel by Stephen King.
3. To find out the defense mechanism used by Beverly Marsh to alleviate her anxiety in the *IT* novel by Stephen King.

D. Scope and Limitation

The research intends to answer the question faithfully. Accordingly, the researcher will confine the scope of the problem which will be discussed only on the causes, the types of anxiety experienced by the one of the main character, Beverly Marsh in Stephen King's *IT* and defense mechanism used by her. Besides, the researcher will explain the types of anxiety in the story and the defense mechanism of the Beverly Marsh using psychological approach in literary criticism of Sigmund Freud and a concept of anxiety and defense mechanism theory by Sigmund Freud. The researcher assumes that those strategies can delineate the anxiety and the way to reduce anxiety issues that occurred on Stephen King's *IT*.

E. Research Significances

This study has practical and theoretical terms. In practical term, this study allows the readers who have academic needs (students, lecturers, writers, etc.) to understand Sigmund Freud's theory in literary criticism context. In addition, this study may be a guide to the theory of psychoanalysis. For the readers who are not having academic needs (non-academic), this study allows them easily understand Bev's story and plot of the novel. In theoretical term, the study aims to understand how Beverly's defense mechanism and anxiety that portrayed in novel. It is also aims to apply literary works analysis with the theory of psychoanalysis.

F. Definition of Key Terms

1. Anxiety

Anxiety is part of someone's personality. Anxiety also appears from someone's inner self (Hall, 1954). Anxiety can be categorized as an extreme feeling. Anxiety itself has a bad influence on someone who feels it, because anxiety is a detrimental energy in a person. Anxiety was also described as a vague, uncomfortable feeling aggravated by prolonged stress and the existence of numerous pressures (Folkman, 1984).

2. Defense Mechanism

Freud claims that the defense mechanism is a technique used by the individual to protect against the id and to oppose the superego. The ego responds in two ways to the danger induced by the id; it reinforces the instinct so that there can be no conscious action and a deflective impulse so that the original force can be attenuated (Alwisol, 2019). By doing this, the ego discovers a way to resolve tension and risk.

G. Previous Studies

The research object is Stephen King's novel named *IT*. The researcher did not find any thesis that discussed novels whose theory was related. The researcher only found one thesis in the form of the same object but different theories as the first previous study. So, the first study is *The Unity of Friendship against Pennywise Clown Terror in the "It" Novel: A New Criticism Study*. This is a thesis that was compiled by Widya Puspita Oshina Putri, a student of the Airlangga University, Surabaya. In her study, she focuses on formal elements of

the novel, like characterizations, plot and setting that underlie the theme of the story, the unity of friendship that Stephen King's *IT* against the enemy used New Criticism Study. The researcher expects readers to realize through this study the strong unity of friendship between the characters. The result of her research showed there are three formal elements of characterizations, plot and setting that support the theme. The theme of the story is Unity of friendship has a power to fight against the enemy. This study employed Bill Denbrough as the main character portrayed as a helpful, strong, sensitive and intelligent character with charisma and optimism. He has strong motivation and courage to fight Pennywise, which also encourages his friends to fight Pennywise. The setting also relates to the theme that all terror can be stopped by Loser Gang's unity (Putri, 2019)

In addition, researcher did not find studies with the same object. So thus, the researcher also found the previous studies which used the same theory but different objects. The second previous study is *Main Characters Analysis on Anxiety: A Defense Mechanism in Bridge to Terabithia Novel*. The thesis written by Nuraeni from English Letters Department, Letters and Humanities Faculty, State Islamic University Syarif Hidayatullah. This research discusses the portrayal of the main characters, the causes of the main characters' anxieties, and how they use the defensive mechanism as a way to reduce their anxieties. This research uses a qualitative approach and applies the psychoanalysis theory of Sigmund Freud. The outcome of this study is Jessie and Leslie as the main characters suffer from neurotic and spiritual anxieties. They use certain defensive strategies to relieve

their nervous feelings, such as relocation, behavioral detachment, imagination, denial, and sublimation (Nuraeni, 2010).

The third previous study is *An Incomplete Psychological Novel: a Psychoanalytical Analysis of Hazel Lancaster in John Green's The Fault in Our Stars*. The thesis was written by Nathania Astria Pangestu and F.X. Dono Sunardi from Faculty of Language and Arts, Ma Chung University. The goal of this research is to describe Hazel Grace Lancaster, the main character of the novel, self-defense mechanisms and key problems, as well as his stimulate. In doing so, this paper uses Sigmund Freud's psychoanalysis theory as its theoretical method. As a literary study, it uses a descriptive qualitative form, in which the researchers read the novel extensively, concentrating on the character and characterization of Hazel Grace. It was compared and analyzed along with the theories used. The finding of this research is that this novel does include the self-defense mechanisms of its main character and the evidence of key issues (Sunardi, 2016).

The last previous study is from *Anxiety and Defense Mechanism on Alan Turing in The Imitation Game Movie*. The thesis was written by M. Miftahul Jannah from English Department, Faculty of Adab and Cultural Science, State Islamic University Sunan Kalijaga in 2016. The purpose of this research is to identify the Alan Turing's character that has an anxiety and did defense mechanism. The goal is to figure out the types and factors of Alan Turing's anxiety and examine the defense mechanism of Alan Turing that can answer his concern in *The Imitation Game* film. Psychoanalysis theory is used in this research, particularly Sigmund Freud's theory of the anxiety and defense

mechanism. The approach of this research by conducting library research is descriptive qualitative. The results of this study is Alan uses a defense mechanism to deal with his anxieties, but due to his hormone treatment, he could no longer survive from his disease (Jannah,2016).

So, here the researcher wants to analyze one of the main character in *IT* novel, Beverly Marsh who has anxiety and used defense mechanism to alleviate it. The researcher wants to show the causes, the type of anxiety experienced by Beverly in the novel, and the researcher also wants to show what defense mechanism used by Beverly, so that the researcher can answer the questions in the research problem.

H. Research Method

This section was intended to describe how the researcher analyzes why Beverly Marsh has anxiety, what type of anxiety that Beverly has experienced, and the defense mechanism that she used to alleviate her anxiety that is reflected in the novel *IT* by Stephen King.

1. Research Design

The design of this research is literary criticism. Literary criticism is the discipline of reading, analyzing, and reviewing literature (Fard, 2016). When performing literary criticism, the researcher requires literary theory to analyze the literary works, and the use of an appropriate method is unquestionably required. According to Golban and Ciobanu (2008), literary works, literary theory, literary

criticism, and literary history are all connected and intertwined in the fields of literary studies that are bound by their primary and general object of study.

In analyzing this novel, the researcher uses the personality theory, defense mechanism theory and psychological approach, especially psychoanalysis by Sigmund Freud. In this research, the researcher intends to focus her analysis on the Sigmund Freud's theory of anxiety to dissect the representations of anxiety in Stephen King's *IT* and also adjust Freud's defense mechanism theory in analyzing how Beverly alleviate her anxiety. Freud stated that anxiety and stress can arise caused by conflict of personality. Anxiety serves as a defense mechanism for the ego because it alerts us to the presence of danger and warns us that if the action is not performed correctly, the danger will escalate until the ego is defeated. According to Freud, a defense mechanism is a type of defense or protection against feelings of anxiety (Freud, 1920).

2. Data and Data Source

This research's principal source is the literary work itself, *IT*. This novel was published in Great Britain in 1986 by Hodder and Stoughton. This novel is written by Stephen King, a famous author, and bestselling writers in the world. The data conveyed in this novel is in the form of words, phrases, and sentences that refer to anxiety and defense mechanism. The researcher also uses several relevant journals and other written materials printed from the internet to support the principal data. Since these data are in the form of words, phrases, and

sentences in the novel, this research's most efficient data collection methods are thorough reading and deep comprehension.

3. Data Collection

The researcher starts to collect the data to solve the problem in this study. To make systematic data and to preserve validity, the researcher takes some steps. The first step is read the Stephen King's *IT* novel and understands it. The next step is selecting the data related to the study issue. The researcher will move into the next part of data analysis after collecting the data. These measures are used to respond to this research's problem statement.

4. Data Analysis

Data analysis is the next step after data collection. Data analysis consists of the selected and relevant data that relates to the study problem. The steps in the analysis of the information are categorizing the information, which is selected by the researcher by finding the data which has a connection between the psychological theory and the data to answer research problem. Following such a step, the researcher shall evaluate and interpret the applicable data, based on the defense mechanism and anxiety theory in order to assess the response to the anxiety condition in the novel.

CHAPTER II

REVIEW OF RELATED LITERATURE

This research focuses on Beverly Marsh' anxiety and defense mechanism in the *IT* novel by Stephen King; therefore the theoretical framework is drawn here to provide an in-depth understanding of this research concept as a whole. There are four part will be explained in this chapter.

A. Psychology and Literature

Psychology of literature is a literary approach that views literary work as a psychological activity. Psychoanalysis is a type of therapy that focuses on the interaction of conscious and unconscious elements in the mind in order to treat mental disorders. It implies that literature and psychology are inextricably linked because literature is the product of psychological processes, as well as the author's thought and imagination, which is undoubtedly influenced by psychological activity, and psychoanalysis is used to interpret literature. Furthermore, it implies that the interaction of conscious and unconscious elements in the mind is crucial in comprehending human behavior (Wiyatmi, 2011).

The relationship between literature and psychology is a bilateral relation (Dastmard, 2012). Literature is created by the human soul, and literature is nourished by the human soul. Human psychical receptions take into account human and natural life perspectives and include parallels to literal works. Literature, on the other hand, takes into account life's realities to clarify human

soul perspectives. The human soul is studied in two fields of science: literature and psychology.

Human behavior and its causes are studied in psychology, while human behavior is depicted in fiction in literature. These two human behavior sciences are intertwined and mutually beneficial. Both literature and psychology pay attention to fantasies, thoughts, emotions, sensations, and psychical problems of the soul. There is a strong connection between psychology and literature since the two deal with human beings and their reactions, world views, miseries, desires, cravings, disputes and reconciliations, with different ideas, strategies and approaches (Keraf, 2002). An author portrays life through his or her goals, perceptions, ideologies, and value judgments, and opens doors to readers into unknown and unseen realms not only through arousing feelings and emotions, but also by assisting them in exploring the meaning of life and nature. Literature, clearly, helps people to understand and challenge their identities by raising consciousness and awareness. It should be remembered that in most scientific studies, fine arts, and literature, man and existence have always been central themes (Wellek and Warren, 1949).

A literary work is the fundamental building block of the connection between literature and psychology. Human beings are studied in literary works, which depict their inner world in all of its facets. The explanation for this is that a literary work is often a result of a specific psychological state. A fictional work promotes psychology in terms of describing human psychological circumstances. In terms of effectively portraying characters, expressing their moods, and taking

the reader into the psychological dimension of human reality, a literary work benefits from psychology. In their emphasis on phantasies, desires, and the human spirit, psychology and literature collide. Thus, a two-way relationship exists between literature and psychology, based on reciprocal contact in the form of assessing a literary work using psychological tools and extracting psychological truths from a literary work (Wiyatmi, 2011).

Psychological themes can be found in a number of literary styles, including poetry, short stories, plays, and novels. However, psychological novels that deal with people's inner perceptions, ideas, feelings, emotions, and introspections make the clear reference to the human mind (Wellek and Warren, 1949). When a researcher conducts a psychological study of a literary work, she is implicitly applying psychological theory. The psychological theory will support her in a thorough examination of the psychological phenomenon that has surfaced. When a researcher applies the theory, however, she must relate and link it to the plot or substance of the psychological theory. The researcher must remain focused on the relationship with the literary work and is not permitted to look at other works.

B. Sigmund Freud's Psychoanalysis

One of the modern theories used in English literature is psychoanalysis. It is a psychoanalysis-guiding theory that is regarded as a theory of personality organization and personality dynamics. The academic field of literary criticism or literary theory has long exploited the hidden relationship between literature and psychoanalysis. The main part of psychoanalysis theory is introduced by Freud

between 1890 and 1939. He is considered as the first person who maps human's unconscious mind. He believes that unconsciousness is determining factor of important and dynamic behavior (Semiun, 2006). This statement shows that all humans' behavior is unconsciously affected by unconscious mind.

In the psychoanalysis of Sigmund Freud, which includes personality structure and dynamics of personality, he considers the mind as a system of energy. There is a separate mental system in the other system of the human body. The purpose is also different, for example, to fulfill the body's need, to reflect social guidelines and regulation and to seek a plan to balance the biological drive and the social stress. Psychoanalysis is concerned with the functions and development of the human mind. This branch of psychology contributes significantly to literary research. According to Freud (1954), childhood events have a significant impact on our adult lives, shaping our personalities. For example, anxiety resulting from traumatic experiences in a person's past is hidden from consciousness and can cause problems in adulthood.

Freud divided the dynamics of personality into interconnected parts in terms of personality psychology:

1. Life Instinct and Sex Instinct

Freud proposed two broad categories of instincts: the life instinct and the death instinct. The life instinct, also known as eros, is the drive that ensures survival and reproduction through behaviors such as hunger, thirst, and sex. The energy expended by the life instinct is referred to as libido. According to instinct,

sex is associated with sexual organ pleasure and satisfaction obtained from other parts of the body. The erogenous zone is a sensitive and stimulating area or body part that creates satisfaction and relieves tension (Alwisol, 2007).

2. Death Instinct

According to Freud, the ultimate goal of all life is death. Aggressive drive is the most fundamental death instinct derivative. The death instinct drives a person to self-destruction, and an aggressive urge is a form of channeling that prevents people from killing themselves or suicide (Alwisol, 2007).

3. Energy Distribution and Consumption in the Id, Ego and Superego

The distribution and use of psychic energy by the id, ego, and superego determine personality dynamics. There is a finite amount of psychic energy. Unless new energy is transferred or added to the system, the three structural elements compete for it. If one element becomes more substantial, the other two become weak (Freud in Alwisol, 2007).

The personality structure is divided into three systems by Sigmund Freud. The id, ego, and superego are the three parts of The Tripartite Psyche. These systems exist in every human mind, and they interact in a harmonious manner, despite the fact that each system serves a distinct purpose. The id, ego, and superego are the three major systems that make up a person's personality. Despite the fact that each of these provinces of the total personality has its own function, properties, components, operating principle, dynamisms, and mechanisms, they

interact so closely that it is difficult, if not impossible, to disentangle their effects and weigh their relative contributions to human's behavior (Freud, 1920).

According to Freud, in a different but related way, the mind is divided into three components; they are id, ego, and superego (Lahey, 1986).

1. Id

The psychological area known as the id is the core of personality that is completely unconscious. According to David Myres, the id is a store of unconscious psychic energy that is always striving to satisfy our intellectual survival drives. The id is a primitive area that a person has carried with him since birth. The id has no interaction with reality (Myres, 1986). However, the id makes some measures to reduce tension by meeting fundamental requirements because the main function of the id is to get satisfaction, Freud labels it the principle of pleasure (Hall & Lindzey, 1993). Without knowing any other reason to be considered, the id just exists to provide satisfaction.

The id attempts to fulfill its needs in ways which are completely unrelated to reality. The id has no idea of reality at all. The id tries to meet its desires by generating a wish-fulfilling mental image of the desired elements, which Freud refers to as basic process thinking (Lahey, 1986).

2. Ego

The ego is generated as a result of the id has to develop realistic ways to meet demands while also avoiding problems produced by selfish and violent behavior. The ego is guided by the reality principle. This means it will keep the id

until a safe and realistic way to meet its requirements has been found. Because the ego is the only component of the mind that can connect to the outside world, it assumes the position of personality's executive or decision maker (Feist & J., 2009). The ego can differentiate between fantasy and reality. The ego can endure conflicts and generate approval by reasonable thought. In contrast to id, ego changes overtime when complicated functions are developed during childhood (Hall & Lindzely, 1993).

3. Superego

The superego represents the community's established beliefs and ideals as taught by parents to their children through a variety of commands and prohibitions. The superego is the judge of what is wrong or right, good or evil, according to the standards of parents and society, because parents are the primary agents of society in the formation of the superego. The superego symbolizes the ideal, and it strives for perfection since the superego is society's measure of what is good. A person with a strong superego may be always upright, whereas a person with a weak superego may be self-indulgent.

The first function of the superego is to control the drives or impulses from the id instinct so that the impulse can be directed in a way or form that is acceptable to people; the second function is to direct ego toward a goal that is more moral than reality; and the third function is to drive the individual toward perfection. When an individual's superego activity is in opposition to or at odds with his or her ego, it clarifies self-individual emotions such as guilt and regret.

Superego also influences an individual's attitude, such as self-observation, self-correction, or criticism.

Tensions or anxiety are caused by the struggle between these three divisions of psychological. Personality develops in response to some source of tension, such as the growth of a psychological process, frustration, conflict, and impotence. Anxiety is the outcome of painful tensions, and people seek ways to alleviate it. When reasonable approaches fail to alleviate worry, the human seeks the irrational defense. In this state, the ego seeks a solution to alleviate worry by engaging in self-defense mechanisms.

The conflict between the id, the ego and the superego causes extreme anxiety, which is why people develop defense as a way to release and protect themselves from that overwhelming anxiety.

C. Concept of Anxiety

One of the most significant ideas in psychoanalytic theory is anxiety. Anxiety is a painful emotional experience that is caused by excitations in the body's internal organs. According to Sigmund Freud in *Freud's Theories of Personality*, anxiety is an unpleasant condition with an emotional component and a strong psychic sensation that reminds one of a potentially dangerous situation. (Feist, 2006).

Humans are always looking for a way to reduce their anxiety because they will face many problems in their daily lives that will disrupt their minds. Anxiety is a sign of a state of mind that people try to avoid or escape. In other words, anxiety

is an unpleasant sensation of stimulation that causes symptoms such as racing heart, sweating, and fear. 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 (Freud, 1964).

1. Threat

This threat can come from the person's own feelings or from someone on the outside. From the inside, it feels like a kid who has watched horror movies when it is not his time to see them at his age, and it makes him feel like the horror movies he has seen are actually happening, even though it is just his worry. When a person feels threatened, such as when he is alone in his home and is afraid that a thief will break into his home, he will kill him. (Adler and Rodman, 2006).

2. Environment

The environment in which a person lives has an impact on his life, particularly on his attitude and behavior, for example, a person who lives in an upper-class environment will have different behavior and attitude than someone who lives in a proletariat environment. This distinction has an impact on the way he approaches problems (Baso, 2000).

2. Repression

Humans have a strong desire to interact with others. It is difficult to communicate with them, and they may misunderstand something. As a result of

this situation, some people commit acts of violence. When one person believes they are stronger, smarter, or have more power than the other, they will use their power to torture the other. It can happen when they are envious of someone else's life, which is better than their own (Adler and Roman, 2006).

3. Frustration

Every human being exists to meet their basic needs. They can be either a good or bad desire. They will be satisfied if they can get what they want. On the contrary, they will be dissatisfied if they are unable to meet them. They may become frustrated as a result of their sadness. This condition will affect them from the time they are children to the time they reach adulthood. They will be in a state of acute anxiety if this condition is not addressed soon (Myers, 1986).

4. Gender

When it comes to men and women's anxiety, Myers (1983) claims that women are more concerned about their inability than men. Women are more sensitive, while men are more active and explorative (Notoatmodjo, 2003).

5. Fear

Anxiety is caused by a fear of something, such as a fear of failing an exam, a fear of punishment, and so on. Furthermore, an irrational fear will result in severe anxiety (Myers, 1986).

6. Age

An elderly person will have a wide range of experiences. As a result, their knowledge continues to expand. It makes a person more prepared to face a challenge (Notoatmodjo, 2003).

7. Desire Conflict

According to (Myers 1986), there is a conflict between the desire to approach and the desire to avoid. The feeling of satisfaction is generated by the approach and avoidance causes dissatisfaction. There are three kinds of desire conflict:

- a) The conflict between approach and approach. This conflict arises as a result of a similar satisfied feeling that cannot be shared, resulting in anxiety.
- b) The conflict between approach and avoidance. The desire to do something is similar with the desire to avoid something.
- c) The conflict between avoidance and avoidance. Because of the conflict created by two choices, the result will be that nothing is done.

According to Freud (in Andri, 2007), there are three types of anxiety. Those are neurotic anxiety, moral anxiety, and realistic anxiety.

1. Reality Anxiety

Reality anxiety is a difficult emotional experience caused by the perception of danger in the outside world. Danger that threatens to harm a person

in any environmental conditions (Hall, 1954). Perception of danger and the emergence of anxiety can be inherited, in the sense that a person inherits a tendency to become afraid of certain things or environmental situations, or it may be acquired during a person's lifetime. For example, the fear of darkness that could have been brought from birth because in the evening, the previous human being was constantly threatened before they had the means to create light, or it could be because a person is more likely to have a fearful experience at night than the day. Heredity may make a person vulnerable to fear while experience may turn vulnerability into reality (Hall, 1954).

2. Neurotic Anxiety

Neurotic anxiety is founded on concern about the reality in the sense that an instinctual need must be associated with an external danger before person learns to fear their impulses. Neurotic anxiety can be a much greater strain on the ego than objective anxiety. Humans learn means of mastering or avoiding external risks as they age, and even as children, they can always leave from dangerous objects or situations. The struggle against anxieties is one of the most important engagements in psychological evolution, the conclusion of which seems to have such a large impact on the final character of the person (Hall, 1954). According to Corey (2010), neurotic anxiety is an inner instinct that will do something beyond the limit. Unlike objective anxiety, which it defined as a normal fear response to an actual threat, neurotic anxiety is a form of anxiety that's excessive, irrational, and stems from internal insecurities, rather than external threats (Freud, 2013).

Mostowik (2018) also stated that there are some signs and symptoms of people who suffering from neurotic anxiety, those are:

1. Negative self-esteem

When someone has negative self-esteem, they are unsure of who they are and what they are capable of. They frequently feel inept, unloved, or inadequate. People who have negative self-esteem are constantly afraid of making mistakes or disappointing others.

2. Difficulty in decision making

3. Difficulty in emotional relations and interpersonal relationships

4. Conviction about being incapable in dealing with life

5. Imagination or fantasizing

It is a broad range of mental experiences mediated by the human brain's faculty of imagination and distinguished by the expression of certain desires through vivid mental imagery. It usually associated with scenarios that are statistically implausible or impossible to happen in real life.

6. Sense of guilt

It is defined as a self-conscious emotion characterized by negative self-evaluations, distress, and feelings of failure.

7. Sense of danger

8. Irrationality

The state or quality of being unable to think rationally. The term is typically applied to illogical or delusional cognitive behavior.

9. Rumination

Obsessional thinking that is characterized by excessive, repetitive thoughts or themes that interfere with other types of mental activity.

10. Feeling overloaded

It is a difficult-to-manage state characterized by intense emotion. It can have an impact on ability to think and act rationally. It may also make it difficult to complete daily tasks. Stress, traumatic life experiences, relationship problems, and other factors can all contribute to emotional overwhelm.

3. Moral Anxiety.

Basically, this anxiety is a fear of the individual's own conscience. When individuals are motivated to express opposing instinctual impulses with moral values, then the individual will feel ashamed and guilty. Moral anxiety explain how the superego develops, usually the individual with a conscience strong will experience greater conflict than individuals who have conditions of looser moral tolerance (Hall, 1954).

Freud focused on strengthening the Ego through psychoanalysis in this anxiety concept and presented his thoughts about anxiety. Freud also discovered that there are three major categories of anxiety that explain the distinction between neurotic anxiety, reality anxiety and moral anxiety. Anxiety, in whatever form, is a warning indicator for the individual. It puts pressure on the individual and becomes a motivation for the individual to satisfy; this pressure must be alleviated. Anxiety informs the individual that his or her ego is under attack. As a result, if no action is taken, the ego would be utterly spent.

The ego protects and defends itself in a variety of ways. The individual will try to avoid potentially risky situations and decrease the need for dangerous impulses. Individuals are also free to follow their hearts. If no analytical technique is available, the individual can utilize a non-rational defense mechanism to protect the ego.

D. Self Defence Mechanism

Freud states that defense mechanism is a strategy which is used by individual defend against the id and oppose the superego. The ego reacts to danger caused by the id in two ways. They are fortifying impulse so it cannot be conscious behavior and deflecting impulse so that the original intensity can be attenuated (Alwisol, 2011, p. 22). By doing these ways, the ego finds the solution to overcome the tension and danger. Freud states that the following are some of the ego defense mechanism:

1. Repression

According to Alwisol (2011), repression is the most effective and extensively used ego mechanism of the others. The objective of repression is to force id impulses out of consciousness and back into the subconscious. All of the ego defense systems operate on the basis of repression. All ego defense mechanisms serve the function of suppressing or encouraging impulses that threaten to escape consciousness.

Sigmund Freud, who frequently entered the area of psychoanalytic theory, presented the repression mechanism first. Individuals who suppress themselves do

not recognize the impulses that produce worry, and they do not consider their emotional and painful experiences in the past, therefore repression is present in an attempt to prevent emotions of anxiety (Alwisol, 2011).

2. Sublimation

When activities with social advantages are replaced with feelings of discomfort, this is referred to as sublimation. Sublimation is a type of diversion. When the ego substitutes undesirable urges with more socially appropriate behavior, this is known as sublimation (Alwisol, 2011). For example, if a person has a high sexual desire, he can put his uncomfortable sensations into activities that are socially acceptable by being an artist painter naked model's body.

3. Projection

People are all confronted with situations or things that are unfavorable and do not accept them with open arms. If they have to be critical or harsh to others, they recognize that this is not suitable behavior. However, they do it because they believe the person deserves. This attitude is maintained in order to appear more professional. This is referred as the projection, and it refers to unconscious systems that shield them from being aware of it (Freud in Andri, 2007).

4. Redirection

Redirection is most likely the reverse of the displeasure to an object. For example, violent impulses can be substituted, such an object that is not a source for frustration, but more securely used as an object, as a scapegoat and the person (or other thing).

5. Rationalization

Rationalization has two purposes. First, to decrease the discomfort in our failure to reach a goal and second, it gives us an acceptable motivation for behavior (Freud in Andri, 2007). When the true motivation of an individual's behavior is undesirable to the ego, rationalization occurs. The genuine motive was substituted by a motif replacement with the objective of rationalization.

6. Reaction Formation

The reaction outcome, typically followed by the contrary trend, is counter to the tendency to react. For example, for his offenses against our unconscious sense related to sin, someone could become fanatical martyrs. He or she may be repressed drives that end in resistance to the evil he or she has not understood. Excessive concern for a child by a mother may be an attempt to conceal uncomfortable sentiments about her son, just as being extremely courteous to someone may be an attempt to conceal fear. The development of reactions can prevent a person behavior, which cause fear and can often prevent antisocial behavior (Alwisol, 2011).

7. Regression

Regression can be interpreted in two ways. First, retrogressive conduct is the behavior of someone who acts like a small child, sobbing and pampered, in order to achieve a sense of safety and the attention of others. Second, known as regressive primitivation, it occurs when an adult acts uncultured and loses control, prompting them to fight (Andri, 2007).

8. Denial

Denial is a type of self-defense strategy that defies danger from the outside and assumes there is no risk (Alwisol, 2011, p. 28). In the conscious mind, an individual denies the traumatic experience or information that is not socially acceptable, because the reality may be too horrible for him that he wishes to deny it.

People may deny a bad event that occurred and brainwash themselves to put the terrible event out of their mind. They may do this deliberately at first, but as time passes, they may do so unconsciously. This denial was done deliberately at first, but they subsequently find it was automatic and unconscious, and they become unconscious if they do not see the problem. Denial removes the threat from the outer world by disowning or thinking that there is no threat.

CHAPTER III

FINDING AND DISCUSSION

This chapter will analyze Beverly Marsh's anxieties and her defense mechanisms to reduce her anxiety. The analysis on Beverly Marsh is based on the type of her anxiety. From the type of her anxiety, the researcher can explain more about the causes of her anxiety. As the anxiety disorders are so painful that caused Beverly Marsh have to feel unpleasant feeling and had a hard times, Beverly Marsh used a self-defense mechanism to reduce her fear.

A. The Causes of Beverly's Anxiety in IT by Stephen King

Before the analysis of Beverly Marsh's type of anxieties and her defense mechanisms, the researcher will shows the cause that make Beverly has experience the anxiety. The researcher found the cause that makes Beverly has an anxiety is threat of her husband, Tom Rogan. Her husband always abused her and was very mean. Beverly appears to be trapped in the same cycle of being with a man who sees her only for her body. In fact, what Beverly is thinking, her husband is more dangerous than Pennywise.

Want to come back with you, she said, and clasped her hands on her skirt like a little girl. She wouldn't look at him. Tears slipped down her cheeks.

All right, he said. Fine. But first you say this for me, Bev. You say, "I forgot about smoking in front of you, Tom." (Chapter 3, Page 132).

*Now say: "I'll never do it again without your permission."
I'll never . . .
Her voice began to hitch.
. . . never . . . n-n-n—*

*Say it, Bev.
... never d-do it again. Without your p-permission (Chapter 3, Page 132).*

The threat Beverly got from her husband was she would be punished if she smoked without her husband's permission. Beverly will get harsh action if she doesn't do what her husband says. As the evidence above, Tom saw Beverly smoking without his permission, which made Tom angry and beat her. Beverly started to sob while repeating what Tom had said. Beverly had no other choice but to obey Tom so she wouldn't get any more harsh treatment. He plays the abusive, just like her father.

According to Adler and Rodman (2006), one that can cause anxiety in someone's life is the threat that can come from the person's own feelings or from someone on the outside. Beverly always feels difficulty in emotional relations because she sometimes loves her father and her husband, and she also always obeys their words but on the other hand she feels threatened and afraid that they can hurt her. Beverly feels the roles her father and her husband that have shown her, threaten her until she finally marks all men as equal, only using them for sexual needs.

B. The Types of Anxiety are Found in Beverly Marsh in *IT* by Stephen King

1. Reality Anxiety

Reality anxiety is anxiety experienced by someone in real life. In everyday life, we call this anxiety as a fear. The feeling of fear of external dangers that can

threaten the existence of someone life (Freud, 1920). The reality anxiety experienced by Beverly is the anxiety that she gets from her husband. Tom Rogan, who play as Beverly's husband, shows some violence which always scares Beverly. Reality anxiety data analysis can be seen from the following data:

She rolled the window down and pitched the cigarette. Then she turned back to him, her face pale and scared and somehow serene. You can't . . . you aren't supposed to hit me. That's a bad basis for a . . . a . . . a lasting relationship. She was trying to find a tone, an adult rhythm of speech, and failing (Chapter 3, Page 130).

Maybe you've already said enough, she whispered, and he hit her again, harder than the first time, because no broad was ever going to smart off to Tom Rogan (Chapter 3, Page 130).

The evidence above shows that Beverly had anxiety because Tom saw her smoking without his permission. The first thing that shows Beverly's reality anxiety is when she reminds Tom that hitting her is an inappropriate thing for a husband to do to his wife. Beverly looked nervous as she said that. Then Beverly's reality anxiety is also shown as she closes the window and throws out her cigarette, which makes Tom angry. It also made Beverly even more anxious because Tom hit her.

Her cheek banged the padded dashboard. Her hand groped for the door handle and then fell away. She only crouched in the corner like a rabbit, one hand over her mouth, her eyes large and wet and frightened (Chapter 3, Page 131).

Since childhood, Beverly has always been used by men for sexual satisfaction and getting acts of violence. It also continued as she grew up. Her husband always treats her cruelly. He doesn't like seeing Beverly do things against his will. As shown as the data above, it also shows the reality anxiety experienced by Beverly when Tom pushed Beverly so her cheek hit the dashboard then she just sat in a

corner with one hand over her mouth, crying and scared. He demanded then that she promise not to smoke again without his permission, and she agreed but now, she is smoking again. The argument with Tom triggers Beverly's anxiety towards Tom. Tom, who was always in control of what Beverly did, reminded Beverly of her father which also treats Beverly cruelly.

Want to come back with you, she said, and clasped her hands on her skirt like a little girl. She wouldn't look at him. Tears slipped down her cheeks.

All right, he said. Fine. But first you say this for me, Bev. You say, "I forgot about smoking in front of you, Tom." (Chapter 3, Page 132).

Now say: "I'll never do it again without your permission."

I'll never . . .

Her voice began to hitch.

. . . never . . . n-n-n—

Say it, Bev.

. . . never d-do it again. Without your p-permission (Chapter 3, Page 132).

As the evidence above, it can be concluded that Beverly is experiencing reality anxiety due to her fight with Tom. It can be shown when Tom tells her to follow all the sentences that are told to her. Beverly looked so frightened that she shed tears like a child being punished. Beverly faces her reality anxiety by trying to do everything Tom says. It can also be said as a form of Tom's threat to Beverly, because if Beverly does not obey what Tom says then she will get more torture.

According to Sigmund Freud (1920), reality anxiety is a fairly reasonable response to current events faced, this anxiety does not need to be eliminated because this is a motivation towards change. It is a common and frequently experienced anxiety by humans originating from the fear of the danger in the real world. From the five evidences above, it shows that Beverly has reality anxiety

because she is afraid of her husband's cruel behavior and the threat from her husband.

2. Neurotic Anxiety

This type of fear arises due to stimulus id, such as the feelings experienced by a person when losing ideas, being nervous, unable to control oneself, behavior, reason and even thoughts, so at that time a person experiences neurotic anxiety. This anxiety is often referred to as a person's nervous feeling when dealing with certain situations. The proof that Beverly has neurotic anxiety is she always feels scared because of feelings that come from herself. This can be seen from the data below:

"Tom, that was an old friend. An old old friend. I have to—". "Shut up, that's what you have to do!" he shouted at her. "Just shut up!" But the fear he wanted to see—the fear of him—was not on her face. There was fear, but it had come out of the telephone, and fear was not supposed to come to Beverly from that direction (Chapter 3, Page 137).

Beverly's neurotic anxiety is due to a situation where she feels afraid of events that may not necessarily happen. It was seen when Beverly explained to her husband that there would be danger threatening her. However, it appeared due to her own feelings and nothing really scared her. Beverly appears terrified, because of what she heard on the phone which made her worried about what would happen in the future.

Her neurotic anxiety continues and the anxiety that arises is only due to her own feelings. Like the evidence below:

“Tom, stop it,” she said, and her very tone infuriated him—she sounded like a playground monitor talking down to a tantrumy six-year-old. “I have to go. This is no joke. People are dead, and I made a promise a long time ago—” (Chapter 3, Page 139).

It’s shown here that Beverly tries to explain about her worries to Tom but Tom thinks that everything was unimportant. The neurotic anxiety that Beverly feels increases in the evidence above. She was afraid that more people would die because she didn’t have time to save them. She is increasingly haunted by guilt if her friends see Beverly not keeping her promise, saving the city of Derry from Pennywise’s terror. It shows that Beverly has neurotic anxiety due to fear that arises from herself. Beverly’s neurotic anxiety continues when she decides to leave the house and leave her husband.

The ride over to Kay’s had been weird: things were coming back to her, memories pouring in so fast and so clearly that it was frightening (Chapter 9, Page 468).

After Beverly managed to get to the airport and left Tom, Beverly began to worry about many things. She was afraid that her decision to go to Derry would make things worse because of the fight she had with Tom and she was afraid that she would face something even scarier in Derry.

Beverly’s neurotic anxiety can also be seen in the evidence below:

She shivered, hugging her arms across her breasts in an X, cupping her elbows in her palms.

Daddy could still be living here; oh yes he could. He wouldn’t move unless he had to. Just walk on up there, Beverly. Look at the mailboxes. Three boxes for three apartments, just like in the old days. And if there’s one which says MARSH, you can ring the bell and pretty soon there’ll be the shuffle of slippers down the hall and the door will open and you can look at him, the man whose sperm made you redheaded and left handed and gave you the ability to draw . . . remember how he used to draw? He could draw anything he wanted. If he felt like it, that is. He didn’t feel like it often. I guess he had too many things to worry about. But when he did, you used to sit for hours and watch while he drew

cats and dogs and horses and cows with MOO coming out of their mouths in balloons. You'd laugh and he'd laugh and then he'd say Now you, Bevvie, and when you held the pen he'd guide your hand and you'd see the cow or the cat or the smiling man unspooling beneath your own fingers while you smelled his Mennen Skin Bracer and the warmth of his skin. Go on up, Beverly. Ring the bell. He'll come and he'll be old, the lines will be drawn deep in his face and his teeth—those that are left—will be yellow, and he'll look at you, and he'll say Why it's Bevvie, Bevvie's come home to see her old dad, come on in Bevvie, I'm so glad to see you, I'm glad because I worry about you Bevvie, I worry a LOT (Chapter 11 Page 680).

It has been described that someone can be called has a neurotic anxiety when someone who feels this anxiety will worry of something that unrealistic and unknown. The neurotic anxiety that Beverly feels is also shown when she starts visiting Derry again. Here, Beverly has signs that she has neurotic anxiety when she passed by an apartment she lived in when she was a child, she saw the name “Marsh” still in the mailbox in front of the apartment. In this situation, Beverly looks difficult and confused to decide something. Beverly does not know about what will happen to her if she rings the bell and meets her father again. She hesitated to ring the bell in the apartment. She thought of two things, first, if she met her father, she would be greeted by her father's affection because her father had always been worried about her and she also thought that if she met her father, she would return to the same memories with her father as when she was a child. The anxiety that Beverly feels right now is included in neurotic anxiety because her anxiety over unknown dangers. Just thinking about it, she shivered so she tried to calm down by hugging her own arms. At that moment Beverly had a fight with her own mind. As Freud said, one of the signs that someone has neurotic anxiety is that they have problems to make decisions, so in this situation, Beverly spent a long time deciding whether or not to ring the apartment's bell.

From the four evidences above, it shows that Beverly has neurotic anxiety because she is afraid of what will happen in the future. She also has several signs that she has neurotic anxiety, one of them is difficulty for making decisions. According to Sigmund Freud (1920), neurotic anxiety is the fear that instinct will get off track and cause someone to act something that will cause sufferer to be punished. Neurotic Anxiety that occurs when Beverly feels fear of being punished for exhibiting excessive impulsive behavior dominated by id.

C. Defence Mechanisms Used by Beverly Marsh to Alleviate Her Anxiety in IT by Stephen King

1. Repression

Beverly has a character who looks cheerful even though she is feeling sad. One of the anxiety that Beverly has comes from her husband, every time Beverly gets unpleasant treatment, she chooses to be quiet and forget what she is going through. Freud (1936), called repression as the motivated forgetting, that is not being able to recall a threatening situation, person, or event. The actions that Beverly does below show that she tries to forget the threatening events she has experienced.

“I slammed it in the car door at the airport,” she says, thinking of all the times she has lied about things Tom has done to her, and all the times she lied about the bruises her father put on her (Chapter 8, Page 465).

The data above shows that Beverly does the type of repression for her defense mechanism. It is shown when Beverly tells to her friend, Kay, that all this time

she has only chosen to be silent and not think about what her husband is doing. She lied about the happiness she got from her husband which in the end she chose to leave her husband because she couldn't stand his husband's rude attitude that she got.

And then Beverly did cry, long and hard, and Kay held her, and later, just before going to bed, she told Kay what she could: That an old friend from Derry, Maine, where she had grown up, had called, and had reminded her of a promise she had made long ago (Chapter 8, Page 469).

Beverly kept telling Kay about how she had been feeling. All this time, everything her husband did to Beverly, she chose to be silent and obeyed him. Then Beverly cried to make herself better as usual. Actually, this is a short-term defense that involves forcing disturbing wishes, ideas, or memories into the unconscious, where they will cause anxiety despite being hidden (Freud, 1936). Although Beverly tried to stay still and forget what her husband had done to her, this only eased her anxiety a little. Therefore, Sigmund Freud said that this type of repression defense mechanism is a temporary defense mechanism. She chose to stay silent and cry again just because she didn't want to feel more anxious because of her husband treatment.

2. Regression

There are several ways in which her attitude reflects how she copes with her anxiety. She uses the regression type to reduce her anxiety. The regression she did was seen when Tom recalled how he had first met with Beverly.

You could point to certain things – how much she smoked (but he had almost cured her of that), the restless way her eyes moved, never quite meeting the eyes of whoever was talking to her, only touching them from time to time and then

leaping nimbly away; her habit of lightly rubbing her elbows when she was nervous; the look of her fingernails, which were kept neat but brutally short. Tom noticed this latter the first time he met her. She picked up her glass of white wine, he saw her nails, and thought: She keeps them short like that because she bites them (Chapter 3, Page 126).

Beverly has a habit of gently rubbing her elbows when she's nervous and biting her nails short when she feels anxious. This shows one way to reduce her anxiety. According to Freud (1936), this type of defense mechanism is most easily seen in children. When they experience trauma or loss, they may regress back to a previous phase such as bedwetting or thumb sucking. Regression can also occur in adults. Whether it's they escape on food, caring for animals, biting their nails, and more. Not infrequently, someone will choose to avoid their normal daily activities because they feel overwhelmed by their feelings.

From all the data above, the researcher found that the anxiety experienced by Beverly in childhood will have an impact on the development of her mental health as adult. An anxiety disorder that Beverly couldn't handle as a child took a bad influence on her life as an adult. Anxiety is a painful emotional experience that is caused by excitations in the body's internal organs (Sigmund Freud, 1954). Therefore, the anxiety disorder that she experienced can only be reduced by defense mechanism that she did. According to Freud (1954), the defense mechanism is an individual's strategy for defending against the expression of the id's impulse and the ego's super-pressure. Freud also stated that people rarely use only one defense mechanism to protect themselves from anxiety. Instead, people

use several defense mechanisms to protect themselves from anxiety. Likewise Beverly did, she reduced her anxiety by doing some defense mechanisms.

CHAPTER IV

CONCLUSION AND SUGGESTION

This chapter contains the thesis' conclusion, which includes a clear and systematic statement of the overall results of the analysis based on the data from *IT Novel*, as well as suggestions from the researcher for solving problems that are the subject of research or the possibility of further research.

A. Conclusion

The findings of this study indicate that, first, the cause of anxiety felt by Beverly Marsh was the threat because of her husband, Tom Rogan. Her husband always to play the abusive, paternal role that she has grown accustomed to. Her husband always threatened Beverly that if she didn't do what he said, Beverly would get violent and her husband will hurt her.

Second, Beverly Marsh experienced anxiety in two types, those are reality anxiety and neurotic anxiety. Her reality anxiety includes anxiety that she feels from her husband, Tom Rogan. Then her neurotic anxiety appears because of her own fear. In this section, the researcher found that Beverly Marsh's reality anxiety was five evidences and neurotic anxiety in Beverly amounted to four evidences.

Third, the researcher discovered what defense mechanism used by Beverly Marsh to alleviate her anxiety. The researcher found two type of defense mechanism used by Beverly, those are repression with two evidences and

regression with one evidence. The repression includes Beverly was always silent and chose to do what her husband said. She also lied about her happiness with her husband. Then the regression includes Beverly likes to bite her nails short when she is feeling anxious and nervous.

B. Suggestion

Some of the recommendations made as a result of this research are as there are many literary criticism theories that can be used to analyses Stephen King's *IT*, so researchers can conduct research using different theories to ensure that the research results are diverse.

The writer also suggests that more students will conduct research on anxiety. Anxiety is one of the factors that are harmful to the health of our body and mind if we experience it for a long period of time. Through anxiety research, writers, readers, and future researchers can learn more about the symptoms, effects, and types of existing anxiety, which is very useful in preventing anxiety and increasing knowledge for all of us in writing a good thesis discuss anxiety later.

It is also hoped that this research will be useful to readers and future researchers as a reference, particularly in analyzing anxiety through novel objects or a different object. Since this novel contains many aspects of Freud's theory that can be studied, it is hoped that other scholars will conduct research on similar materials, such as Freud's analytical psychology and those relevant to the *IT* Novel.

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CURRICULUM VITAE



Nada Salsabya was born in Jombang on May 25th, 1999. She graduated from SMK Telekomunikasi Darul Ulum Jombang at Software Engineering Major in 2017. While at school, she participated in various school activities such as student council and became a school magazine designer. She has produced five school magazines compiled by her. She is also a committee of national ITO (Information Technology Olympiad and English). She began her tertiary education in 2017 at the Department of English Literature of UIN Maulana Malik Ibrahim Malang. During her studies at the university, she joined English Letters Student Association for two period as a Journalist and Student Interest and Talent Development section. She enjoys following and trying a variety of activities in order to improve her skill and personality while also gaining experience and building relationships. In 2022, she completed her education with her thesis entitled *Anxiety and Defense Mechanism Experienced by Beverly Marsh in Stephen King's IT Novel*.