

**LIBBY'S ANXIETY IN JENNIFER NIVEN'S *HOLDING UP THE UNIVERSE***

**THESIS**

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By:

**Qorina El Baroroh**

NIM 15320076

Advisor:

**Dr. Muzakki Afifuddin S.S, M.Pd.**

NIP 197610112011011005



**DEPARTMENT OF ENGLISH LITERATURE**

**FACULTY OF HUMANITIES**

**UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG**

**2022s**

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The researcher,



Qorina El Baroroh

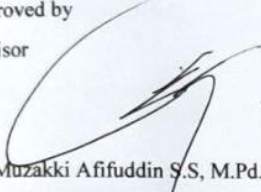
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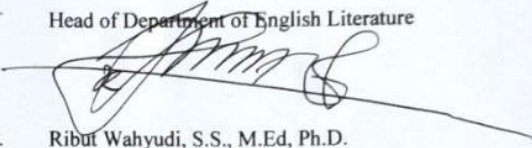
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Malang, 17 May 2022

Approved by  
Advisor

  
Dr. Muzakki Afifuddin S.S, M.Pd.  
NIP 197610112011011005

Head of Department of English Literature

  
Ribu Wahyudi, S.S., M.Ed, Ph.D.  
NIP. 198112052011011007

Acknowledge by Dean,



Dr. M. Faisol

NIP. 197411012003121003

## LEGITIMATION SHEET

This is to certify that Qorina El Baroroh's thesis entitled **Libby's Anxiety in Jennifer Niven's Holding Up the Universe** has been approved by the Board of Examiners as the requirements for the degree Sarjana Sastra (S.S.) in English Letters Department.

Malang, 29 December 2022

The Board of Examiners

1. Dr. Syamsuddin, M.Hum.  
NIP. 196911222006041001

(Main  
Examiner)

2. Dr. Siti Masitoh, M.Hum  
NIP. 196810202003122001

(Cair)

3. Dr. Muzakki Afifuddin S.S, M.Pd.  
NIP. 197610112011011005

(Advisor)

Signatures



Approved by,

Dean of the Faculty of Humanities



Dr. M. Faisol  
NIP. 197411012003121003

## **MOTTO**

“you cannot always control what goes on outside, but you can always control what goes on inside”

–Wayne Dyer

## **DEDICATION**

This thesis proudly dedicated to:

My beloved parents, Kholiq Asyhuri and Siti Noer Syamsiyah who never stop giving me support and pray the best for me.

Thank you so much for your affection and your patient also the pocket money along my study.

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At last, if there are any mistakes or deficiency of this thesis, I expect that all of the parties could give critics and suggestions for the future improvement. I hope that the thesis can be useful for me, the readers, and the next researcher.

Malang, 17 May 2022

Qorina El Baroroh

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## ABSTRAK

Baroroh, Qorina El. 2022. *Libby's Anxiety in Jennifer Niven's Holding Up the Universe*. Skripsi Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang

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**Kata kunci** : Novel, Tokoh, Kecemasan, Mekanisme Pertahanan

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Setiap orang di dunia ini mengharapkan untuk hidup damai dan bahagia. Namun hal itu terkadang susah diwujudkan karena manusia tidak dapat dipisahkan dengan suatu masalah. Masalah itu sendiri akan membawa manusia ke dalam masalah mental. Yang paling terkenal adalah kecemasan. Faktor kecemasan bisa dari internal dan eksternal. Karena fenomena ini, peneliti tertarik untuk menganalisis topik kecemasan. Oleh karena itu, peneliti mengambil *Jennifer Niven's Holding up the Universe* sebagai objek analisis. Tokoh utama pada novel ini bernama Libby. Dia menunjukkan masalah kecemasan yang dia hadapi. Selain itu, ia juga mencoba untuk menangani masalah kecemasan tersebut dengan mengambil beberapa tindakan.

Penelitian ini memuat tiga topik pembahasan. Yang pertama adalah tentang penyebab kecemasan yang dialami oleh Libby. Peneliti akan menjelaskan tentang penyebab internal dan eksternal terhadap kecemasan Libby. Penyebab internal meliputi kondisi mental dan trauma atau konflik, sedangkan penyebab eksternal meliputi lingkungan yang buruk. Yang kedua adalah tentang kecemasan khas yang dihadapi Libby. Ini termasuk kecemasan realistik, kecemasan neurotik, dan kecemasan moral. Terakhir tentang mekanisme pertahanan yang dilakukan oleh Libby. Mereka adalah fantasi, rasionalisme, dan represi.

Peneliti melakukan beberapa langkah dalam menganalisis penelitian. Yang pertama adalah membaca novel, kemudian mencatat dialog dan narasi yang mencerminkan kecemasan melalui *Jennifer Niven's Holding up the Universe*. Setelah itu, data tersebut dijadikan kutipan sebagai bukti penelitian. Selain itu, penelitian ini termasuk dalam kritik sastra dan membahas tentang aspek psikologi. Penulis menggunakan teori kecemasan oleh Sigmund Freud untuk menganalisis data. Teori tersebut membawa topik tentang penyebab, jenis, dan mekanisme pertahanan terhadap kecemasan. Penyebabnya meliputi kondisi mental, trauma atau konflik, dan lingkungan yang buruk. Jenis kecemasan tersebut antara lain kecemasan realistik,

kecemasan neurotik, dan kecemasan moral. Selain itu, mekanisme pertahanan kecemasan adalah fantasi rasionalisme, represi, proyeksi, dan lain-lain.

Hasilnya, peneliti menemukan tiga penyebab dalam novel  *Holding up the Universe*  yang dirasakan oleh Libby. Antara lain adalah kondisi mental, trauma atau konflik dan lingkungan yang buruk. Ketiga aspek penyebab tersebut mendukung peneliti untuk melakukan analisis lebih lanjut. Dari penyebabnya, penelitian ini dapat mengategorikan kecemasan Libby menjadi tiga jenis, yaitu kecemasan realistik, kecemasan moral, dan kecemasan neurotik. Klasifikasi ini dikelompokkan berdasarkan penyebab dan ketakutan tokoh utama. Terakhir, peneliti juga menemukan mekanisme pertahanan yang diterapkan oleh Libby. Yaitu fantasi, rasionalisme, dan represi. Cara-cara tersebut membantu Libby untuk mengurangi kecemasan yang dihadapinya.

## ABSTRACT

Baroroh, Qorina El. 2022. *Libby's Anxiety in Jennifer Niven's Holding Up the Universe*. Minor Thesis (*Skripsi*) Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang

Advisor : Dr. Muzakki Afifuddin S.S, M.Pd.

**Keywords** : Novel, Character, Anxiety, Defense Mechanism

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Everyone in this world expected to live peacefully and happily. However, it hard to be realized because human cannot separate with a problem. The problem itself will lead human into mental issue. The most famous is anxiety. The factors of anxiety can be from internal and external. Because of this phenomena, the researcher is attracted to analyse the topic of anxiety. Therefore, the researcher takes Jennifer Niven's *Holding up the Universe* as the object of analysis. At this novel, the main character is named Libby. She represents the issue of anxiety she has gotten. Moreover, she also tries to reduce the anxiety by doing some decision.

This research brings three topics of discussion. The first is about the causes of Libby's anxiety. The researcher will explain about internal and external causes towards Libby's anxiety. Internal causes cover mental condition and trauma or conflict, while external cause covers bad environment. The second is about typical anxiety which Libby faces. It includes of realistic anxiety, neurotic anxiety, and moral anxiety. The last is about defense mechanism taken by Libby. They are fantasy, rationalism, and repression.

The researcher conducts some steps in analysing the study. The first is reading the novel, then noting the dialogs and narration reflects to anxiety through Jennifer Niven's *Holding up the Universe*. After that, the data is put as quotation as the evidences of the research. In addition, the study belongs to literary criticism and it discusses about psychological aspects. The writer uses theory of anxiety by Sigmund Freud to analyse the data. It brings the topic about causes, types, and defense mechanism towards anxiety. The causes cover mental condition, trauma or conflict, and bad environment. The types of anxiety include of realistic anxiety, neurotic

anxiety, and moral anxiety. In addition, the defense mechanisms of anxiety are fantasy rationalism, repression, projection, and others.

As the results, the researcher finds three causes in the novel *Holding up the Universe* rolled by Libby. They are mental condition, trauma or conflict and bad environment. The three aspects of the causes support the researcher to do further analysis. From the causes, the study can categorize Libby's anxiety into three types, there are realistic anxiety, moral anxiety, and neurotic anxiety. This classification is grouped based on the causes and the scary of the main character. Lastly, the researcher also finds the defense mechanism applied by Libby. Those are fantasy, rationalism, and repression. Those ways help Libby to reduce the anxiety she faced.

## البحث مستخلص

الأدب قسم أطروحة. نيفن جينيفر بقلم "الكون إمساك" رواية في ليبي قلق. 2022. إل قورينا ، باروروه  
مالانج إبراهيم مالك مولانا الإسلامية الدولة جامعة ، الإنسانية العلوم كلية ، الإنجليزي

الماجستير الدين، عفيف مزكي :المشرف

القلق ، النفسي التحليل ، النفس علم :المفتاحية الكلمات

---

يمكن لا لأنه ذلك تحقيق يمكن لا ، ذلك ومع وسعيدة سلمية حياة يعيش أن العالم هذا في شخص كل يتوقع  
أن يمكن. القلق هو شهرة الأكثر. عقلية مشاكل إلى الناس ستجلب نفسها المشكلة. مشكلة عن البشر فصل  
اتخذ ، لذلك. القلق موضوع بتحليل الباحثون يهتم ، الظاهرة هذه بسبب. وخارجية داخلية القلق عوامل تكون  
هذه في الرئيسية الشخصية. للتحليل موضوعاً Jenniver Niven's Hold up the Universe من الباحث  
مع التعامل أيضًا يحاول ، ذلك إلى بالإضافة. منها يعاني كان التي القلق مشاكل إلى وأشار. ليبي اسمها الرواية  
الإجراءات بعض اتخاذ خلال من القلق مشكلة.

الداخلية الأسباب الباحث سيشرح. ليبي قلق سبب عن الأول. للمناقشة مواضيع ثلاثة على البحث هذا يحتوي  
الأسباب تشمل بينما ، الصراع أو والصدمات العقلية الظروف الداخلية الأسباب تشمل. ليبي لقلق والخارجية  
والقلق الواقعي القلق هذه وتشمل. ليبي يواجهه الذي النموذجي بالقلق يتعلق والثاني. السينة البيئة الخارجية  
وقمع وعقلانية خيال هم. ليبي ينفذها التي الدفاع بآلية يتعلق الأخير. الأخلاقي والقلق العصابي

القلق يعكسان وسرد حوار تسجيل ثم ، رواية قراءة هو الأول. البحث تحليل في خطوات عدة الباحثة اتخذت  
كدليل كافتباس البيانات استخدام يتم ، ذلك بعد. Jenniver Niven's Hold up the Universe. خلال من  
القلق نظرية المؤلف يستخدم. القلق ويناقد الأدبي النقد ضمن يدخل البحث هذا أن إلى إضافة. بحثي  
تشمل. القلق ضد الدفاع وآليات والأنواع الأسباب موضوع النظرية تطرح. البيانات لتحليل فرويد لسيفغوند

والقلق الواقعي القلق أنواع تشمل السينة والبيئة الصراع أو والصدمات العقلية الحالات الأسباب ، والقمع ، الخيالية العقلانية هي القلق عن الدفاع آليات فإن ، ذلك إلى بالإضافة الأخلاقي والقلق العصابي ، وغيرها ، والإسقاط .

العقلية الحالات هذه وتشمل ليبي بها شعر الكون حمل رواية في أسباب ثلاثة الباحث وجد ، لذلك ونتيجة من التحليل من مزيد لإجراء الباحثين تدعم للسبب الثلاثة الجوانب هذه .السينة والبيئة الصراع أو والصدمات والقلق الأخلاقي والقلق الواقعي القلق وهي ، أنواع ثلاثة إلى ليبي قلق تصنيف الدراسة لهذه يمكن ، الأسباب إلى الباحثة توصلت وأخيرا .الرئيسية الشخصية ومخاوف أسباب على بناء التصنيف هذا تجميع يتم .العصابي الذي القلق تقليل على ليبي الطرق هذه تساعد .والقمع والعقلانية الخيال وهي .ليبي يطبقها التي الدفاع آلية تواجهه .





## **CHAPTER I**

### **INTRODUCTION**

This chapter contains several parts of introductions. The first part is the background of the study. The second part is problem of the study. The third is objective of the study which explain the aim of the study. The fourth is significance of the study which explain the advantages of the study theoretically and practically. The fifth part is scope and limitation which explain the focus of the study that become the limitation of the study. The sixth part is the definitions of key terms which explain some important term use in this study. The next part is previous study which generally explain the previous study related with the topic being discuss. The last part is research method which consist of research design, data and data source, data collection, and data analysis.

#### **A. Background of The Study**

Nowadays, novel is a common thing for everyone. Almost all people in every part of this universe know novel. Talking about a novel, inside the novel there must be an existence of character to support the story. The existences of the characters in the novel is one of important things called intrinsic element of the novel. the intrinsic elements of the novel itself consist of; the theme, characters and characterization, settings, plot, language style, point of view, also moral value. Characters exist

generally have a purpose to make the story clearer and attractive. Moreover, the existences of the characters can give meaning to the plot of the story. To liven up the story, the author usually picks the phenomena around the human real life. The picked phenomena then added to the story mixed with the fictional spices. Therefore, by mixing the real phenomena and fictional spices will make the story more interesting.

Generally, every person in this world expects if they can live peacefully and everything works in the right way. However, there is no life without obstacles, because obstacles or problems which can make people feel alive. Yet, undeniable that the problems sometimes can give different impacts to the person, even depression, anxious and so on. Recently, anxiety become an issue which is often experienced by people, especially teenagers or young adults. Anxiety itself can be occur caused by many aspects, can be from the internal or the external of the people. Therefore, people sometimes can feel kind of distracted in some situation but actually they felt anxious.

Sigmund Freud stated that anxiety is the synonym of fear, but he uses the term of anxiety instead of fear because fear usually understood in different way. That is being in situation afraid of something in external world.

Talking about human mind and personality, human basically created as a complex creature. The experts give many different understandings about the essence of human. Charles Robert Darwin (1809-1882) said that humans are equal with animals, because the occurrence of human caused by the mechanics aspects through the theory of descendancy and natural selection theory. Moreover, Aristoteles (384-

322) defines human as an animal with common sense that can give their argument also can talk based on what they are thinking of. Besides, human also as political animal and social animal. Thus, human is the complex creature with feeling and thought so that human can be political also social.

As people know one of several way to analyzing human mind is using a psychoanalysis. Psychoanalysis well-known introduced by Sigmund Freud. Psychoanalysis emphasizes the importance of unconscious mental processes, conflict, defenses, and hidden meaning. Childhood experiences and object relations (relations to self and others) are also considered essential for understanding personality (Kenny, Diana T., 2016).

According to Sigmund Freud, all of human's personality consist of three major systems, called as id, ego, and superego. In every healthy mental, these three systems will build a new organization that will work harmoniously (Calvin S. Hall, 1954). Both id and superego are represented the unconscious mind, and the ego is represented the conscious mind. From the three systems above only the id that brought by human since human were born, and the ego will develop during pre-childhood moment and superego will appear sometimes (Cordon, Luis, 2018).

The ego as the part of human's personality in Sigmund Freud model, has a function as the executive. At first Freud use the word Ego to mean a sense of self (Patrick, E. and Diamond, E., 2017). The ego has a work to modulate the pressure of the id which is driven by the pleasure principle with the reality principle. The balancing of the three systems called id, ego, superego in human personality will

conduct a human mental health. Whereas, the imbalance of these systems and people can't control their ego will shows how people being selfish. Generally, ego which means as self or I can be called as someone's perception of their self and it can influence their confidence. People being selfish because of they think that their self is the first one compared to anything else. People who are selfish will feel that their needs are above anything and they will tend to accentuate their self.

People's life surround by some events also problems that inevitable and can give different effects to the person. Some problem can be rooted from family, friends, job or career, etc. For some people, problem which they face can be frustrating, frightening, even traumatic. Moreover, worst effect can lead someone feeling afraid of impending event that they may face or can be called as anxiety. According to Freud in Ewen Robert B, there are three dangers that threaten anxiety; the external world, the id, and the superego. Anxiety occurs as the result of ego responding the threaten from those three aspects.

Anxiety is one of prominent aspect in psychoanalysis. Anxiety has an important role in personality development also the running of personality dynamics. Freud (in Corey, 2010) stated that Anxiety is an erective condition which motivates someone to do something, the function is for giving warning about something dangerous, namely signal for ego that will be increase continuously if someone does not take the suitable action for reducing the anxiety". Furthermore, anxiety actually can't be ignored because it can give a further impact like unpleasant feeling to an anxiety disorder.

Anxiety, can be suffered by anyone in this world, young people or adult. Here, a novel by Jennifer Niven's  *Holding Up the Universe*  (2016) is selected to analyzed for several reasons. First, this novel is a young adult novel which become an International Best Seller since the publication on 2016. Second, this novel generally talks about two main characters named Libby and Jack who are totally different person with different problems, but along the time they finally can get the way to solve the problems that they face. Third, this novel also shows many kinds of conflicts that faced by them, one is their anxiety as the result of their conditions previously or nowadays.

Jennifer Niven is one of the best seller novelists, she wrote a fiction book also nonfiction books.  *Holding Up the Universe*  is a novel talk about the characters named Libby and Jack. Libby here as the main character and Jack as the second lead character. Libby is a girl come from Indiana, she ever got bullied by her friends, and the society because of the event happened after the death of her mother. The death of her mother encourages her to shift her sadness into foods. She eats a lot even when her father forbids her, but she hides a food in a drawer, and under the bed. Until one day she become fatter and fatter. One day, her condition getting worst and she needs a medical help. Unfortunately, she can't be taken out from her own house, then she was rescued using crane from her own house by breaking down the house. This event got her called as "The Fattest Girl in America". After this event, she isolated herself from society to undergo the treatment for her weight and her health, then she also changes her education into home schooling. Until she grown up and ready for senior high

school with her new condition after she decided to reduce her weight. Undeniable, her previous condition gives her a big impact to her afterward life. Libby often has an overthinking about if she never be wanted by anyone else outside her own world.

Another main character is Jack. Jack is a young boy also Libby's school mate. He is suffering prosopagnosia or the condition where people can't recognize person's face even their own face. This prosopagnosia came after Jack fall-down with his headfirst and make a part of his brain broken. To cope with his condition, Jack use some identic details of someone to identify who they are. Jack lives in a family where the situations impossible for him to be honest about his condition, so Jack keeps his condition as a secret from his family also from his best friends. One day, Jack and Libby met by an event accidently, where the actual purpose is Jack wants to give a letter to Libby, but he is too afraid to give the letter directly to Libby. Then this end up with the act which Jack looks like hug Libby where actually he was putting in a letter to Libby's bag and the misunderstood of Libby makes her punch Jack away. Besides, in his letter, Jack tells that he has prosopagnosia and Libby is the first person who know about it. That accidental situations make them must join a counseling and society services for a couple of times.

One a day, after being together for some times, Libby suggests Jack to know more about his prosopagnosia. Libby gives him a website to browse more information about prosopagnosia. At first Jack doubt about it, but then he decided to open the website also contact the doctor by email. Jack finally gets the reply for his email and suggested to meet brain specialist in Bloomington. Jack and Libby decided

to see the doctor in Bloomington together, and this is become their first trip together. After the trip to Bloomington, Libby and Jack become closer, even one day Jack ask Libby if she's able to go for dating with him. They went to the famous pizza restaurant and chilling together on that night.

After all what Libby and Jack experienced, finally Jack gets the information that scientist hasn't found the medicine yet for prosopagnosia. This makes Jack think about how if he can't find Libby anymore or people who he loves because of the identified things of them might change. Finally, Jack decides to not see Libby anymore. It hurts Libby, but then she tries to hold on. On one occasion, in the party of Libby and Jack's friend, Jack decides to admit to all his school mate that he has prosopagnosia. Also, after the party, he admits to his family too, including the information that this prosopagnosia hasn't have a medicine. Time flies, suddenly Jack have a sign that his prosopagnosia can be treated. Jack finds Libby and say anything about that, then finally Jack confesses to Libby that he loves Libby, also Libby loves Jack.

From the explanation above, here the researcher is focusing on the main characters, Libby as the most visible characters from the whole novel. The researcher also focuses on how Libby can cope with the anxiety's problem that she faces.

## **B. Problems of The Study**

Related with the background of the study, the general problem conceived from the explanation and a small summary above, researcher can formulate the research questions below:

1. What are the forms of anxiety experienced by Libby in Niven's  *Holding Up the Universe*?
2. What are the causes of Libby's anxiety in Niven's  *Holding Up the Universe*?
3. How does Libby face her anxiety in Niven's  *Holding Up the Universe*?

## **C. Objectives of the Study**

The research objectives are to understand the kind of anxiety portrayed from the characters Libby and Jack also to give the best answer that the researcher serves based on the questions drawn in the research question are:

1. To identify the forms of anxiety suffered by Libby in the novel  *Holding Up the Universe*.
2. To identify the causes of anxiety suffered by Libby in the novel  *Holding Up the Universe*.
3. To identify the way Libby faces her anxiety based on the novel  *Holding Up the Universe*.



#### **D. Significance of the Study**

This research has two significances of the study; theoretically aspects and practically aspects. Theoretically, this research can give understanding that literary work can be a reflection of human's life. Moreover, this research is expected can contribute in literature studies related with psychological analysis deals with psychoanalysis especially anxiety. Furthermore, this research also aims to enlarge our science knowledge in the field of literary study.

Practically, the researcher expects that this research can provide useful information for the readers, the students, and the next observers who are interested in observing the psychological analysis. Thereby, the readers can understand more about the application of psychoanalysis in literary work. Lastly, the researcher wants to give more reflection of anxiety suffered by Libby as the researched characters in the novel *Holding Up the Universe*. As the result people will know how Libby's anxiety in the novel.

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

The focus of this research is analyzing the dialogs of the characters in the novel also the descriptive dialog of Libby, and the descriptive text that portrayed the conflicts between the characters that occur and happen in the novel. In the addition, the researcher will identify the psychological conflict that leads Libby's ego into anxiety. This research will only focus on analyzing the anxiety suffered by Libby.

Sigmund Freud identified the three level of mental life; unconscious, preconscious, and conscious. People childhood experiences related with anxiety which conclude as unconscious can give impact to people behavior, emotions, and attitudes for many years. The events that are not related with anxiety but just forgotten by people become the content of preconscious. The events that people aware of any time conclude as conscious mind. Moreover, Sigmund Freud's psychoanalytic theory of personality argues that human behavior is the result of the interactions among three component parts of the mind: the id, ego, and superego.

The id is something that people unconscious, don't have relation with a reality, and just follow the impulse of pleasure. The ego is the executive part of personality. It associated with a reality and follow the concept of reality. Last is the superego. Superego links with the term of moral, idealism, and ethical value of environment culture. This structural theory of Sigmund Freud takes a very important place how the conflicts among the three parts can affect the behavior and personality.

Anxiety is a worrying feeling about something that will happen. Sigmund Freud divided three kinds of Anxiety; realistic anxiety, moral anxiety, and neurotic anxiety. Realistic anxiety is what people usually called as fear, because it is associated with the reality. Moral anxiety associated with superego, and neurotic anxiety associated with the id.

## **F. Definitions of Keyterms**

Novel : a literary work contains of fiction, it usually about imaginative world (Nurgiantoro, 2012: 4).

Character : an actor who carries a fictional story and the event can weave to be a story (Aminudin in Siswanto, 2002: 142).

Anxiety : uncomfortable situation followed by physical sensation that maintain the person from a danger (Sigmund Freud, 1936: 69).

Defense Mechanism : Psychological strategy done by an individual to face the reality and defend self-image (Sigmund Freud, 1936).

## **G. Previous Studies**

In this research, the researcher using three previous studies that the researcher thinks related with the discussed topic about psychoanalysis and anxiety by Sigmund Freud.

First previous study is an undergraduate thesis written by Fendy Yugo Sarjono from Maulana Malik Ibrahim State Islamic University of Malang with the tittle *Dr. Leidner's Anxiety Reflected in Agatha Christie's Murder in Mesopotamia*. Before analyzing the novel, in his study he took the character Dr. Leidner become his objects. The topic that the researcher studied is the anxiety of the character Dr, Leidner. The researcher uses the theory of Sigmund Freud about Psychoanalysis and he emphasized the study on anxiety also the defense mechanism produced by the

character named Dr. Leidner. Then he is analyzing the kind of anxiety suffered by Dr. Leidner based on the novel, also he analyzes the aspects that cause the anxiety. The first kind of anxiety that occur in the novel is Moral anxiety, where here Dr. Leidner aware that killing his wife is socially unacceptable. The second anxiety is neurotic anxiety. Neurotic anxiety is the anxiety which associated with something unrealistic. Portrayed when after Dr. Leidner murder Louise, to hide his fear, he shows the mimic of sadness. The third is realistic anxiety which portrayed from the acts of Dr. Leidner. In this undergraduate thesis, the writer also analyzes the cause of the anxiety suffered by Dr. Leidner, such as; threatening, environment, oppression, and frustration. Moreover, the writer also analyzing the self-defense mechanisms of Dr. Leidner as the researched character. The writer found a various kind of defense mechanism based on the novel; aggression, suppression, and regression. The finding of this thesis is the writer find that based on the novel, all of three kinds of anxiety (moral anxiety, neurotic anxiety, and realistic anxiety) suffered by Dr. Leidner. However, the anxiety caused by several aspects. Furthermore, in order to deal with the anxiety Dr. Leidner done several defense mechanisms.

The second previous study is an undergraduate thesis conducted by Fiqih Aisyatul Farokhah from Maulana Malik Ibrahim State Islamic University of Malang with the tittle *Anxiety Suffered by Elizabeth Holland in Anna Godbersen's Splendor*. In her study, she identified the psychological problem faced by Elizabeth Holland using psychoanalysis by Sigmund Freud. As the first mentioned previous study

above, in this study the researcher also emphasized on the Anxiety suffered by the character named Elizabeth. Besides, the researcher also analyzing the cause of the anxiety suffered by Elizabeth. During analyzing the novel, first of all, she analyzes the anxiety suffered by the researched character, the researcher analyzing the Id, Ego, and Superego of the character. Then she analyzes the anxiety based on the concept, there are three kinds of anxiety; neurotic anxiety, realistic anxiety, and moral anxiety. In her research, she gives the example of neurotic anxiety when the character Elizabeth feels fear of her husband if her husband will kill her and her baby after knowing that Elizabeth knew that her father is murdered by her second husband. For realistic anxiety, the researcher provide the example from the novel when Elizabeth can't accept the reality that her first husband also her father has been died, she refuse herself to forget about them and she keeps doing the activities as how she was when with those two person; her first husband and her father. Then, the researcher also provide the analysis of moral anxiety which suffered by Elizabeth; this anxiety occur after the event where Elizabeth push her husband away from her without any purpose to kill him, but in fact when she pushed her husband, her husband slip then passes away. Another finding discovered by the researcher are the cause of anxiety suffered by Elizabeth also the defense mechanisms of Elizabeth to cope with her anxiety.

The third previous study is undergraduate thesis by Rizkian Hasim from from Maulana Malik Ibrahim State Islamic University of Malang with the tittle *Ralph's Anxiety in The Wildlife in Lord of the Flies Novel*. The topic studied by the researcher

here is the anxiety suffered by the researched character. Just like the two previous studies above, the researcher also using the concept of anxiety comes from the theory of psychoanalysis by Sigmund Freud. In his study, the researcher chooses the character Ralph as researched character. Firstly, the researcher analyzes the id, ego, and superego of the character Ralph. Then the researcher analyzes the anxiety suffered by Ralph. First anxiety suffered by Ralph is moral anxiety, it happens when Ralph face the unbelievable situations where Ralph who actually the leader of the team being left by his member because of the event caused by the fire burning which purposed to give a sign for help which never be burn by Jack (one of his member who is chosen to burn the fire). The next anxiety mentioned in the analysis is neurotic anxiety. This anxiety happened when Ralph see the bushes move and he decided to check it. He found a wild animal behind the bushes. Even after this event, he back to the camp and he still feel afraid of the wild animal. Last anxiety found by the researcher is realistic anxiety, happen when Ralph feeling afraid of losing his friend's trust, losing his best friend who will provide him a great idea. The other finding that emphasized by the researcher is about Ralph defense mechanism, such as; aggression, suppression, and regression.

Those three previous studies above chosen by the researcher because the study have the same theory that the researcher use in this study. This will help the researcher in understanding the theory very well. Moreover, those previous studies can help the researcher knowing how to apply the theory into the analyzing literature.

From the three previous studies, the researcher applies Freud theory to analyzing the novel by Jennifer Niven  *Holding Up the Universe*. With the similar theory, the researcher uses the different object of study so the study will provide the different analysis and finding.

## **H. Research Method**

In this part, the researcher explains about the research methodology which is used to analysis the novel, contains of research design, data and data sources, data collection, and data analysis.

### **1. Research Design**

This research is designed as literary criticism. The research will use psychological approach to dig up the characters of Libby in the novel  *Holding Up the Universe* by Jennifer Niven as the researched object. As regards, there is no analysis about the author also the reader in the discussion, because the research will only analyze the novel.

As mentioned above, this research using psychological approach to analyze the novel. There are many psychology theories that can be used to analyze a novel. One of a them is psychoanalysis of Sigmund Freud. So, in this research talk about how does every conflict and situations the character's got can influence the personality into anxiety.

## **2. Data and Data Sources**

The data that the researcher analyze is the dialogs and also the text narrative in the novel. The data source is from the novel *Holding Up the Universe* written by Jennifer Niven. The data is in the form of the sentences of the narrative text of the novel, the dialogues, and the statements on the novel.

## **3. Data Collection**

There are some steps that researcher conduct in order to collecting the data. First, in this research the researcher takes the data from reading the novel. Second, the researcher noted the dialogs and highlight the narration text that reflects the issues that related with the research problem in the novel. Third, the noted and highlighted text is put as quotation from the novel in analysis.

## **4. Data Analysis**

After the data collected, the next step is analysis. The data is the selected data which appropriate with the problem of the study. The steps are; first, the researcher will grouping the selected data that has relation with the factors that influenced the character's personality. Second, the researcher will analyze the valid data focusing with the theory to find the answer how the character's personality.



## **CHAPTER II**

### **REVIEW ON RELATED LITERATURE**

This chapter contains the explanation of psychological approach in literature as literary criticism, the theory of personality, and the terms that being discussed in Freudian theory of personality (psychoanalysis), also preview of related literature.

#### **A. Literature and Psychology**

In a socializing process, humans and their interactions will produce various kinds of stories that might inspire others. In channeling ideas born from the process of human interaction, a literary work is created. Therefore, literature can be interpreted as a portrait of behavior in the aspect of human life which the object is choice by writers.

Wolfgang Iser notes that literature is an anthropological investigation, by which it is able to enter into areas of life that have not been explored by science, philosophy, religion, or politics. Meanwhile, according to Gregory Castle, literature is the method most often used by humans to view and understand the world (Castle Gregory, 2013: 7). Muhammad Amrin (Jonathan Culler, 1997: 22) also states that literature is the root of human desire for pleasure or satisfaction as a reflection of human culture related to the background of the author.

Another definition of literature according to Klarer (1998) is all written expressions but not all written documents can be classified as literature in some

definite sense of the word. Moreover, Klarer also defines the word "literature" which comes from the Latin word *litteratura* which mean "letter". The literary definition also includes the aesthetic or artistic aspects by which it can distinguish a work from other non-artistic texts. Suatno Pantja Putra (quoted from Alfiatun Umi Latifah, 2015) also defines literature as life experience or human thoughts or thoughts as outlined in writing artistic words and language.

From the definitions above, it can be concluded that literature is the result of human thought as a reflection of life as expressed in an artistic written form and often related to the background of the author.

One way to study literature is using a psychological perspective. Recalling, literature is a reflection of human life, because the behavior and psychological side of humans also often appear. Moreover, literature cannot stand alone without relating to other domains, because without other domains that literature can reflect, then literature will have no meaning. In addition, the literary writer consciously or unconsciously uses psychological aspects to create their work.

The definition of psychology in general is the study of human thoughts and habits in relation to certain domains or knowledge or activities. The word psychology is formed from the root word *psyche* in Greek which means "breath, principle of life, life, soul". And *-logia* which comes from the Greek *logos* with the meaning "speech, word, reason." According to Harsono (in Alfiatun Umi Katifah, 2015), psychology is the study of the human soul. Another figure, Hilgard (1983: 100) defines psychology

as the study of human habits (Sarjono, Fendi Y., 2016). Moreover, according to Abu Ahmadi (2009) psychology can also be defined as the study of human psychological phenomena, their symptoms, and even their causes (Farokhah, Fiqih, 2015). From these definitions, psychology can be defined as the study of human thoughts and habits.

Psychology and literature are two interdisciplinary, interconnected and mutually beneficial. Psychological aspects in literature mean that literature supports psychology by describing psychological conditions in literary works (Emir, B.C., 2016). In literary works, psychology successfully presents characters, feelings, and brings readers into the psychological side of human life. Psychological aspects can be seen from the side of the author, reader, or the literary work itself.

Academic Ismet Emre (2006, p. III) in Badegül Can Emir (2015) stated the relation of psychology and literature:

“Beside literature and psychology there is no other branch of science which is engaged so much in the study of the relationship between human body and soul with its contradictions and dilemmas, making efforts to define the relationship in terms of certain rules, to know the mysterious aspects of the human soul and its subconscious areas by means of long and detailed journeys: at the same time both branches have been struggling in their existence between arts and science for about a century.”

In his other research of analyzing the psychology of Turkish literature, Ismet Emre (2009, p. 351) said:

“Today we all know that Dostoevsky is one of the most important historical persons indispensable for psychology and that his texts are used

as textbooks and reference books in the psychology departments. But the same thing is done by literature and the studies of literature - psychological data is used both by authors in the process of plotting the characters of their imaginary world and by literature researchers in their efforts to penetrate the inner world of the existent literary works; Sigmund Freud's and Karl Gustav Jung's texts are recommended for reading as reference books on the Bachelor's degree level."

From the quotation above, it is clear that the relationship between literature and psychology is indeed beneficial. As people know that the results of the analysis of literary works in the realm of character psychology data are both original and fictional characters, conflicts that occur in the characters, etc. This fact shows that knowledge can contribute to others knowledge. (Dos Santos et al, 2018: 782).

Analyzing literary works also requires special knowledge or knowledge based on the area being discussed. For example: analyzing the psychological side of character. To analyze the psychology of a character, researchers generally use psychological approaches and theories as tools for analysis.

Psychological research in literature is divided into several sections: psychological analysis based on the writer's side, psychological analysis based on the acceptance from the readers' side, and psychological analysis based on the side of the literary work itself.

Psychological analysis based on the writer's side is an analysis of literary works involving the psychological condition of the writer. The psychological condition of the writer can influence literature. Basically, literature is a reflection of human experience. So, psychological analysis based on the psychology of the writer

is a literary work that reflects the conditions experienced by a writer psychologically when producing a literary work.

Second is psychological analysis based on the recipient of the reader. It means that the literary work analyzed base on the feeling of the reader after reading the literary work, what does the reader psychologically feels after reading the literary work, and how the literary work can influence the reader's psychology.

Third is psychological analysis based on the literary work itself. this type of psychological analysis doesn't involve the author's psychology, also doesn't involve the psychological aspect of the reader. This analysis taken from the psychological of the characters which exist within the literary work, especially in novel. The analyzing of this type generally takes the part of the character and characterization.

Furthermore, the psychological analysis has been become popular terms to use in analyzing the literary work. Many aspects that can be analyzed related with the psychology, such as the sexuality, behavior, personality, etc. Thus, psychological analysis in many aspects has been become a popular tool to analysis the literary works.

## **B. Freud's Basic Concept of Anxiety**

Anxiety is one important thing that needs to be studied in the discussion of personality theory. In general, anxiety will arise when a person feels that he is under pressure. According to Sarason and Sarason (1990) anxiety has been prominent in the

literature as a disturbing human emotion and is one of the most common psychological stress reactions experienced by humankind (in Zeidner, Moshe, 2008).

Freud (1933) define anxiety as a felt, affective, unpleasant state accompanied by a physical sensation that warns the persons against impending danger. The unpleasantness is often vague and hard to pinpoint, but the anxiety itself is always felt (Feist, J., Feist, 2006: 33).

Anxiety only produced by the ego, but it happens caused by the id, the superego, and the external world. Freud divided anxiety into three kinds; neurotic anxiety, moral anxiety, and realistic anxiety. The ego associated with the Id will produce neurotic anxiety, and when the ego dependence on the superego will produce moral anxiety, then when the ego on the outer world will produce realistic anxiety.

### **C. Types of Anxiety**

Freud divides anxiety into three types. There are neurotic anxiety, moral anxiety, and realistic anxiety.

#### **1. Neurotic Anxiety**

Neurotic anxiety comes from the word nervous. Neurotic is the Latina word for nervous. Neurotic anxiety can define as a result of apprehension about an unknown danger. The feeling exists in the ego, but it originates from the id.

According to Corey (2010) in Sarjono, Fendi Y., neurotic anxiety is kind of frightening feeling about id which cannot be controlled. Moreover, people who suffer

neurotic anxiety tend to feel afraid of something unrealistic, even they don't know what they are afraid of. Freud dispart the cause of neurotic anxiety into three part; adaptations of the environment, irrational anxiety or phobia, also the fear of nervous and tremble (Yenni, Andri, 2007).

## **2. Moral Anxiety**

Moral anxiety appears caused by the standard of right and wrong which is comes from the superego. This anxiety associated with the feeling of shame and guilty when people fail to do what we considered as right according to moral value.

According to Berry (2001) in Hasim, Rizkian, moral anxiety constituted as a worried of something that comes from a heart voice. Moral anxiety produced when the drive of id to the ego is contradictory with the superego. This contradictory conflict will give a result of superego in form of shame and guilt as someone's emotions.

## **3. Realistic Anxiety**

Realistic anxiety occurs caused by the involvement of the outer world. Realistic anxiety usually called as fear. Realistic anxiety also defines an unpleasant and nonspecific feeling involving a possible danger. According to Suryabarata (2002) realistic anxiety caused by fear of something dangerous that threatens in the real life.

Cited from *An Introduction of Theories of Personality* 6<sup>th</sup> edition by Robert B. Ewen p. 20, stated:

*Realistic (or objective) anxiety is caused by danger in the environment, such as an ominous-looking individual coming your way on a deserted street. In addition to such immediate threats, memories of previous traumatic experiences may enable the ego to respond with anxiety as a signal of future danger. A knowledgeable sailor may react with signal anxiety to a cloud on the horizon because it indicates the approach of a hurricane, or a satiated infant may grow upset at the mother's departure because it has learned that becoming hungry in her absence will mean frustration and discomfort (Freud, 1926/1963j, pp. 76–77; 1916–1917/1966, p. 394).*

The existence of realistic anxiety caused the increment of adrenaline and drive the feeling of needed to be saved. Moreover, the conflict between id, ego, and superego also can be supported by the external problem such as; threatening, oppression, losing self-esteem, frustration, and the environment that can be the cause of anxiety and can influence someone's behavior, emotions, also attitudes for a long time (Hilgard et al., 1983: 213).

#### **D. The Cause of Anxiety**

The anxiety can improve into long time. It depends on how an individual handles the emotion towards her/himself. The memorable events or bad experiences trigger personal anxiety. Besides mental, condition also supports the anxiety. The causes of anxiety are varieties. According to Savitri Ramaiah (2003: 11), there are some factors lead people into anxiety. The first is environmental factor. Environment contributes to construct personal mindset. The second is emotional aspect. The anxiety can appear when someone tries to pressure the emotional condition to solve



the problem. The last is physical causes. Physical movement sometimes lead people into anxiety because of self-unacceptance.

Freud (2006) states that anxiety is caused by the conflict in id, ego, and superego. As mentioned in his history, Freud (2002) states that a dream can be the cause of anxiety because of feeling worried and fear. Then, Freud also states that traumatic experience becomes the factor of anxiety because it stimulates the fear to an individual. Hence, Freud (2002) further constructs that conflict, frustration, environment, threats, and age can lead into someone's fear. The fear finally creates anxiety to an individual.

### **1. Conflict**

Conflict is a factor that results the anxiety. Conflict happens because there are two ideas or more, or contradiction which influences the attitude (Alwi, 2005: 587). Conflict is convinced to build anxiety towards an individual. It causes emotional tension which directly disturbs mental condition. Hence, conflict catches someone into anxiety.

### **2. Frustration**

Frustration is depressed individual condition because of unfulfilled needs and aims (Kartono, 2003). It usually happens when someone fails. Frustration belongs to response of stress. The stress itself is caused by some reasons. The symptoms of frustrations are angry, pessimistic, offended, angry, and others.

### **3. Environment**

Environmental condition influences an individual. The environment affects an individual because it constructs the personality and attitude towards someone. When someone has supporting environment, she/he will build a good personality and vice versa. Thus, environment can be the cause of anxiety when someone lives in bad environment or unsupported environment. Savitri Ramaiah (2003: 11) also supports that environment can give bad experience that leads people into anxiety.

### **4. Threats**

Threat is detrimental attitude for human. Clark and Beck (2010) state that anxiety is related to a threat. In other words, threats dominantly cause an anxiety towards an individual because of feeling scary, under pressure, or cornered. There are two kinds of threats, such as internal and external. Internal threat is caused by mental condition which has not been prepared, while external threat is caused by outside.

### **5. Age**

Age becomes the standard of people's experience. The older through someone, she/he will get more experiences. It means that having problem is the usual thing that can be solved by her/him. Myers (1983) explains that the anxiety caused by age usually attacks the youngers because they have lack of experiences. At their steps, solving problems become challenging way, so they have to learn more on their faults.

## **E. Defense Mechanism**

Every person always looks for the way to defend the stress, anxiety, and conflict. The strategy created by human is aimed to ease the pressure. This way is called as self-defense mechanism. The term defense mechanism refers to the process of unconsciousness to build self-defense from external. Hence, an individual has personality structure that consist of id, ego, and superego. These three aspects aim to support an individual to fulfill self-satisfaction based on the environment (Freud in Kurniawati, 2008: 85).

Freud explains that self-defense mechanism roles as individual unconsciousness to face the reality (2002). He also states that self-defense mechanism is a strategy used by an individual to prevent id's pressures to face ego and superego in order to avoid the anxiety (Freud in Bartens, 2006). Haber & Runyon (1984) also supports that defense mechanism has a meaning as the way an individual tries to reduce under-pressure, stress, or anxiety by building good self-defense mechanism. Self-defense mechanism can be the way to adapt from the stress. Friedman (1998), the function of self-defense mechanism is as self-protection from anxiety and social sanction. There are various kinds of self-defense mechanism according to Freud (2006).

## **1. Denial**

This is the common way done by an individual to prevent the anxiety. By this way, a person closes the access for certain situation. As the consequence, there is no effect for emotional condition. In the other words, someone chooses to avoid the uncomfortable situation.

## **2. Projection**

In defense mechanism, projection is kind of judgement the present assumption. At this way, someone tries to justify her/himself. An individual who applies projection technique is usually easy to show up the characteristics toward something that is hated. This way may be able to accept the reality towards self-lacks.

## **3. Repression**

Repression is the way to decrease the push until someone can hide a bad reality. It is type of self-defense mechanism that is owned by almost all people in the world. It defines as individual tricks to avoid frustration, inner conflict, lucid dream, financial crisis that lead into anxiety.

## **4. Regression**

Regression is a condition where a person flashback to the previous improvement stage. It is caused by the difficultness to grow up and cannot adapt to a situation or condition. In the other words, regression is a condition where someone

still cannot move on from the comfort of being in the past time. The person usually cannot accept the nowadays' reality and chooses to place her/himself in the memory.

### **5. Displacement**

The next type of defense mechanism is displacement. This is the way someone who feel anxiety will move the negative vibe into other things. For instance, an angry person will be angry to another person, but he/she will express the angry in to different object or people.

### **6. Formation Reaction**

This various of defense mechanism is done by someone to do the opposite. For example, an unwanted mother towards having baby, but she keeps the baby much of care. This reflects to formation reaction. By this way, an individual can avoid from the anxiety which is caused by the responsibility to face the characteristics of hating.

### **7. Sublimation**

Sublimation is the way to change an unaccepted norm to be cultural value or norms in the society. According to Freud, sublimation is kind of defense mechanism which captures the maturity because it changes bad thing into usable thing that is accepted by other people.

## **8. Compensation**

Compensation is the way to handle a lack by showing the surplus in another field. It is created by frustration towards a field then move up the good thing in order to get compensation. For instance, a stupid student will be the leader of the bad students' group in the school.

## **9. Fantasy**

Fantasy is imagining unrealistic things. It is done by someone to press the stress because fantasy can help someone to reach the aim. It is used to avoid unhappy events which leads into anxiety or frustration. An individual usually focusses on the imagination but it cannot be expressed because the doer has found s satisfied.

## **10. Rationalization**

Rationalization is usually done by an individual to search the reasons which is able to be accepted by society. An individual will do some ways to justify the reasons by thinking rationally. For instance, a student who comes late because of late to wake up. But, the student uses traffic jam because to protect her/himself from punishment.

## **11. Intellectualize**

Intellectualize is related to intellectual condition of a person. At this way, someone will feel curious of the problem faced by her/him. Then, he/she will use the

intellectualization to dig much information. For example, a person gets a disease, then he/she will collect many information to review this case objectively.

## **12. Dissociation**

Dissociation is the way to separate an unhappy memory or emotion. It happens unconsciously. In dissociation, there are two things. The first is depersonalization, where a person is not in her/himself. The second is derealization, where real world becomes unreal for a person.

## **13. Undoing**

Undoing is erasing bad impulse or mind, as if erasing a fault. For example, a cheating man who gives romantic attitude for his partner. In fact, the man is cheating with other girl. A person will do the opposite attitude to hide the fault.

## **14. Sympathizer**

Sympathizer is the way someone to decrease the anxiety by asking other people for some advises. An individual who applies this way will look for a suitable friend to take the advice. This way of defense mechanism is using other people's support to protect from anxiety.

## **CHAPTER III**

### **FINDINGS AND DISCUSSIONS**

This section provides the data collection leads into data analysis which results the findings and discussion of the data. The data points on the answer of the research problems presented in Chapter I. Those are main character's experience of anxiety and the causes of the main character's anxiety.

#### **A. Anxiety Experienced by Libby**

Libby's experience towards her anxiety leads into typical anxieties which are created by Freud who conceptualizes anxiety into three types, there are neurotic anxiety, moral anxiety, and reality anxiety

##### **1. Neurotic anxiety**

First type of anxiety is neurotic. According to Feist (2008: 34), neurotic anxiety is the type of anxiety about the apprehension of an unknown danger. This kind of anxiety happens because of the fail towards checking forces on ego and superego in preventing instinctual objects. The feeling exists in the ego, but it is made by impulse.

According to Hall, neurotic anxiety can be formed by three steps. First, there will be free floating type of apprehensive leads into more or less suitable environmental circumstances. It usually happens towards a nervous person who



expects dreadful thing. Second is irrational fear which is usually called by phobia. The intensity here is feeling scared of actual danger towards the person's object, such as high places, mice, etc. It can be happened when a person gets stressed and panic, hence that person cannot think clearly. In this step, the id cannot distinguish which one is real or imaginary. The last one is this kind of anxiety is frequently created in early childhood based on parental training or behaviors.

Reflected by Libby's cases, some of her anxieties also come into neurotic anxiety types. Started by the problem about her body which leads her into nervous person. She is afraid to inform her friends about her history because of her scary. Besides, she also gets stressed when she was fat. Hence, these two example of cases are grouped into neurotic anxiety.

*But what if the Damsels don't want you?* (Holding Up the Universe, 2016: 16)

This utterance shows that Libby really wants to be a member of the Martin Van Buren High School Damsels, the best drill team in the tristate area. However, she is afraid of getting rejection because Damsels will not be expecting her to be a member. It is caused by her last condition which is fat. This situation makes her afraid and overthinking about what will happen. Furthermore, it effects Libby to be hopeless person when she is scary about unpredictable which makes her does not want to try something.

As explained by Freud (2006), neurotic anxiety comes into three forms. One of them is about feeling nervous. According to Atkinson (1999), neurotic anxiety is mental disorder in a position when a person is not capable to face the anxiety and conflict which result impaired symptoms. Hence, it happens subconsciously. Neurotic anxiety can also happen when there are supported psychologic but there will create other subjective symptoms.

Libby's psychological condition when she is overthinking about Damsels reflects to neurotic psychology. The inner conflict faced by Libby leads her into more complex anxiety. At first, Libby is not confident about her history but wants to follow Damsels as dance group member. After considering it, she is worried of rejection, hence this situation is included as neurotic anxiety.

*What if you get trapped again? What if they have to knock down the cafeteria door or the bathroom wall to get you out? What if your dad gets married and then he dies and you're left with the new wife and stepsiblings? What if you die? What if there is no heaven and you never see your mom again?* (Holding Up the Universe, 2016: 16)

The utterance represents about Libby's inner conflict when she thinks about the future. It also reflects to her trauma about her experience and drives her into the bad possibilities toward future. By thinking about something bad happened, Libby moves to another case. That is about her possibilities toward her father's marriage, and finally ends in her death.

Anxiety is created by trauma and scary. The person who gets anxiety will result some inner conflicts, such as scary, hard to take decision, less of confidence, hopeless, etc. In the other words, neurotic anxiety is behavior disorder caused by emotional tension such as frustration, conflict, repression, and unsafe feeling (Semium, 2006).

Reflected by Libby's experience towards her inner conflict, the anxiety is included as neurotic anxiety. As explained before, neurotic anxiety is psychological condition when someone feel hopeless about a case, the person will relate to another case. This kind of anxiety is also grouped as anxiety towards future. The doer will be worried about what will happen on the future until stopped in the death.

## **2. Moral anxiety**

Moral anxiety becomes the second anxiety's type in the discussion. This type of anxiety is formed when human break social value. Moral anxiety tends to superego working, hence it refers to social norms. Furthermore, moral anxiety and neurotic anxiety are almost same, but there is a different principle. The level of ego's control on moral anxiety runs rationally because it prioritizes superego role, while neurotic anxiety tends to panic which makes human cannot solve the problem clearly.

There is a kind of moral anxiety towards Libby's case, especially for her decision to be interviewed. Her inner conflict leads her to choose the best decision

through the problem she faces and social circumstances. In fact, this includes of moral anxiety.

*At first, I refused to talk to reporters, but at some point I needed to show the world that I'm okay and that my dad isn't the villain they made him out to be, stuffing me with candy and cake in an effort to keep me there nad dependent on him like those girls from The Virgin Suicides. (Holding Up the Universe, 2016: 23)*

The evidence above tells that Libby is puzzled by her case about interview's decision. Before she decides to talk to reporters, she rejects it at first. In the other hand, her rational thinking takes the question about further condition if she did not do the interview. Because of the rise issues after her mother's death, Libby determines to fix the problem by telling to all people that her condition is not as other people's expected.

As we know on the previous explanation, moral anxiety is almost similar to neurotic anxiety. According to Alwisol (2014: 22-23), human will remain rational because of superego's role at this condition. This type of anxiety can be from social experience because moral anxiety is anxiety's manifestation effected by social environment. According to Freud (in Schultz, 1986), the conflict between ego and superego will result the tendency towards moral hearing. Human at this condition will use most part of superego. If the superego does it well, human will find the conclusion towards the case.

Moral anxiety's manifestation is also reflected by Libby since she is worried to take the decision. Her rational thinking makes her to speak up in front of the reporters because she wants to stop the bad stereotype of the family after her mother's death. As the consequence of her silence, the news outside spread uncontrolled so that created the new issue to her family. In preventing this social problem, Libby decides to attend the reporters' interview to straighten the problem she gets. Libby's anxiety towards the case is grouped as moral anxiety since it has relation with social values.

### **3. Realistic Anxiety**

Third kind of anxiety is realistic anxiety. This type can be called as feeling scary. The scary is caused by outside factor, such as the danger towards situation or condition. Besides, another factor is also usually from human nature. This condition is created by the experience of human itself. For instance, a person who is afraid of snake will feel afraid and run away. The other example is a person who is afraid of height. Both kinds of reaction are the example of realistic anxiety because the fear about something happened outside or inside is real.

According to Alwisol (2014; 22), realistic anxiety is fear of real danger (external world). This anxiety is the origin of the emergence of neurotic anxiety and moral anxiety. In the other words, realistic anxiety can be concluded as the first type's step of anxiety whether it can be continued or not.

Libby, as the main character, also represents realistic anxiety. Since it is related to the real event, some of Libby's anxieties can be grouped into realistic

anxiety because she faces some problems in the real world. Moreover, the scary is also resulted by social condition and mental factor.

*No one will ever love you because you're fat! And the faces of all the other fifth graders as they started to laugh. You're so big you block the moon. Go home, Flabby Stout, go home to your room....* (Holding Up the Universe, 2016: 20)

*He will never like you no matter what you do, no matter how thin you are, no matter how nice you try to be to him.* (Holding Up the Universe, 2016: 59)

Both utterances above are about the real problem faced by Libby. The cases are related to her real and mental condition. The real condition is about her physical which is fat. This is the main problem through Libby's anxiety. Because of her fat, Libby feels scary that she will get bullying from friends. Moreover, Libby expects her friends will not accept her. It finally makes Libby hides the truth that she has ever been a fatty girl. These kinds of feeling naturally happen towards Libby herself as the reaction to her fright.

According to Spielberger (1996), there are some forms of individual who gets anxiety, include of the way to communicate. At this condition, an individual will not feel comfort because personality is contra to the emotional. Realistic anxiety becomes the effect of the reality which threatens self-existence. This kind of anxiety is happened when someone cannot handle the case and leads to the stress. Freud (2002) adds that the realistic anxiety can be obtained by someone after experiencing a danger in the outside word. At the point, this anxiety will decide how we should have attitude in our environment.

Based on Libby's case above, it is categorized as realistic anxiety. The real problem towards Libby is about her real condition. Although it happens in the past time, she won't her friends know about her history. As explained before, realistic anxiety happens because of danger's emergence. In addition, the danger is resulted by the realities of anxiety sufferers. The danger in this case will lead Libby to the extreme feeling. It can be overthinking, afraid of making decision, and others.

**B. The Causes of Anxiety Experienced by Libby in  *Holding Up the Universe***

Since Libby decided to back to the reality, the events that she experienced makes her think that everything happened before possibly happen today, on the first day she back to the world. Even, she can meet people who knew her and makes her feel the same thing, that is hating her. Everything that comes from her past leading her though into an anxiety.

Anxiety is one important thing that needs to be studied in the discussion of personality theory. In general, anxiety will arise when a person feels that he is under pressure. According to Sarason and Sarason (1990) anxiety has been prominent in the literature as a disturbing human emotion and is one of the most common psychological stress reactions experienced by humankind (in Zeidner, Moshe, 2008).

Freud (1923) define anxiety as a felt, affective, unpleasant state accompanied by a physical sensation that warns the persons against impending danger. The

unpleasantness is often vague and hard to pinpoint, but the anxiety itself is always felt (Feist, J., Feist, 2006: 33).

According to Freud (in Suryabrata, 1993), there are several causes that lead someone into anxiety. They are conflict, frustration, environment, threats, and ages. It exactly is confirmed by the process of id, ego, and superego which is not completed. This process will build an anxiety towards an individual. Reflected by the problems faced by Libby, the anxiety presents because of invalid process of personality and it is automatically caused by some factors.

*If a genie popped out of my bedside lamp, I would wish for these three things: my mom to be alive, nothing bad or sad to ever happen again, and to be a member of the Martin Van Buren High School Damsels, the best drill team in the tristate area.* (Holding Up the Universe, 2016: 16)

Libby is one of American teenagers at that time. After exceeding her mother's death, she determined to shut herself. The utterance above represents that Libby run into sadness and hopeless. She imagined there was a genie who will follow her requests. Those are her mother's revival, the happiness, and admitting as Martin Van Buren High School Damsels member. In fact, there is not a genie, hence her wishes cannot be realized. This situation automatically portrays that Libby was feeling anxious because of frustration.

Frustration includes as the factor why anxiety happens to someone. It has meaning as a condition of when someone feels hopeless because of unreached expectation. According to Sanggadah (2008), frustration is an obstacle towards



someone's behavior to obtain the needs, involved the needs based on impulse. The inability in fulfilling need or reaching goal can trigger someone to disappointment (Freud, 2006). Thus, disappointment emerges frustration.

At Libby's first experience, she was getting frustration. This condition happens because she cannot reach the goal. It is proven by the utterances "*If a genie popped out of my bedside lamp, I would wish for these three thing*". The sentences show that Libby faces some barriers that cause her unreached dream. It is started by her death of her mother which further influences her daily needs. As the next effects, she cannot be admitted in Martin Van Buren High School Damsels, which becomes her expectation since a long day ago. Those cases exactly drive Libby into frustration.

*I think, somewhere in this school could be a boy I fall in love with. One of these fine young men might be the one who at long last claims my heart and my body. I am the Pauline Potter of Martin Van Buren High School. I am going to sex the rest of this weight right off me. I'm looking at all the boys going by. It could be that guy or maybe this one. That's the beauty of this world. Right now, that boy right there or that one over there means nothing to me, but soon we will meet and change the world, his and mine. (Holding Up the Universe: 2016, 27)*

This utterance explains about her imagination to come back to the normal life. After many years Libby cages herself from outside caused by her weight, she exactly overthinks about her future. This main character even figures out about a boy who will be her husband. She imagines how her days are spent with her boyfriend as

people doing outside. This expectation indirectly attacks her mind and guides her into psychological conflict.

According to Freud (in Bartens. 2006: 12), human's physic can be the result of conflict towards certain forces. In real life, conflict can be come from betrayal, differences, interests, and others. Conflict is divided into three, such as psychological conflict, social conflict, and physical conflict (Sayuti, 2000: 42-43). Psychological conflict is related to psychological condition, social conflict is related to social condition, and physical conflict is related to the nature or environment.

The utterance above explains about the anxiety experienced by Libby that is caused by psychological conflict. The factor is curiosity motive. This condition can happen when someone has high desire to access the information about environment aspect (Kartono, 2003: 105). As portrayed by Libby, she is understanding, organizing, then predicting the upcoming events. The expectation is about the love story of her.

*I want to say I'm an exchange student too. I'm here from Australia.  
I'm here from France. (Holding Up the Universe: 2016, 31)*

After a long times Libby shuts herself from her environment, she decides to continue her study. She exactly feels unconfident although she has an ideal weight. It is caused by her anxiety of what happens toward. The reason why Libby wants to tell that she is exchange student is because she does not want her friends know her

condition while shutting up at home. Libby tries to hide her history to avoid judgements from her friends.

A threat is included as one factor of anxiety (Freud, 2006). Kaplan, Sadock, and Greb (in Fitri Fauziah & Julianti Widuri, 2007: 73) support that anxiety arises from threatening situation and it is normally happened to human followed by an improvement, personal change, and new experience to construct self-identity. Namora Lumongga Lubis (2009: 14) also states that anxiety is socking situation towards a threat.

The anxiety faced by Libby shows her worry towards her last condition. As her reaction, she will manipulate her identity of being exchange student to hide her fact that she just gets up from her unwell condition. It shows that Libby is getting anxiety caused by a threat. As the consequence, she tries to maintain or prevent herself by talking unrealistic.

*At first, I refused to talk to reporters, but at some point I needed to show the world that I'm okay and that my dad isn't the villain they made him out to be, stuffing me with candy and cake in an effort to keep me there and dependent on him like those girls from The Virgin Suicides. So, against my dad's wishes I did one interview with a news station out of Chicago, and that interview traveled all the way to Europe and Asia and back again. (Holding Up the Universe, 2016: 25)*

This utterance provides about the anxiety faced by Libby caused by social condition. Before taking the interview, Libby refuses to tell the truth because she thinks it will be not important for all people. She suddenly is aware of her admission

towards her father will be important news for the world. Libby decides to not keep the reality again which make her dad is blamed. Therefore, her decision evaluates the consequence taken by Libby. Hence, Libby chooses to give the explanation about what happened to her and her father to floor the real situation.

Environment also gives the contribution for anxiety (Freud, 2006). Savitri Ramiah (2003: 11) argues that environment influences individual mindset about ourselves or other people. The bad experience that is hold by someone can bring into trauma. Hence, she/he will not feel safe in that environment. Social environment can even drive someone to construct the attitude. An individual will be get anxiety when she/he has bad stereotype, hence moral consequence is also supported someone into anxiety (Musfir Az-Zahrani, 2005: 511).

As portrayed by Libby in the proof above, she does not feel safe because of environmental condition. The issue forces her to face the society in order to fix the bad news. The stereotype constructed by society threats her to have good attitude. By this case, Libby is finally attacked by anxiety because of blaming herself. According to Zakiah Daradjat (in Kholil Lur Rochman, 2010: 167), self-blaming happens when someone does something in the opposite of trust or feeling.

*I tell myself: Today. I tell myself: This is what you dreamed of when you were too scared to leave the house. This is what you dreamed of when you were lying in your bed for six months. This is what you wanted—to be out in the world like everyone else. I tell myself: It's taken you two and a half years of fat camps and counselors and psychologists and doctors and behavioral coaches and trainers to get ready for this. For the past two and a half years, you've walked ten*

*thousand steps a day. Every one of them was pointing you to now.*  
(Holding Up the Universe, 2016: 26)

After long time not looking at the world caused by her isolation, Libby decided to come back to the school. She continues to follow the activities outside. Libby imagines that she will be able to have socialization with the friends. However, she is also doubtful and unconfident. It can be provided by the utterance “every one of them was pointing you to now.” In fact, not all people notice to Libby. This kind of imagination drives her to be overthinking and finally creates the mental conflict. Nevertheless, she has to pass her day by day.

Threat becomes the factor why human can feel anxiety. The awareness of threat towards an individual can be happened physically or mentally (Freud, 2006). Kinds of threat can effect someone to the anxiety. The expectation of feeling safe will be struggled by people to avoid the bad possibilities in the future. Hence, threat creates the stimulus to an individual to express the reaction.

The case faced by Libby above is happened when she is in the first time of coming school after isolating herself for long time. She was worried that people will know her last condition when she has already been brave to go out. As the consequence, she feels not safe and unconfident. She is afraid of people’s reaction to her bad condition. So, she tries to reduce the anxiety by erasing bad mindset through herself.

*... But the only boys I've talked to in the past five years are the ones at fat camp, which is why I don't do anything but nod.* (Holding Up the Universe, 2016: 31)

After getting treatment for her obesity, Libby is successful of getting ideal body. But, she realizes her problem cannot end into this step since she talks with a person in fat camp with him. This place is actually the place where fat people are met each other to have treatment. When Libby decides to come back enjoying the school, she meets with fat camp boy. Libby feels unconfident at first because of her fat history, but she encourages to build communication with him.

According to Freud (2006), the awareness of threat can happen physically or mentally towards an individual. The forms of threat can be from outside or inside. The threat can lead someone to the anxiety. The example is when someone feels scary of watching horror movie. It will effect to his/her daily habits. She/he will be able to get scary in visiting dark place.

Being unconfident with her physical condition, Libby tries to hide this reality from the new life. As portrayed in the proof above, Libby is talking with a boy who knows her last condition. The boy cannot realize that the girl he is talking with is Libby, a girl who has fat body. However, Libby avoids this situation in order to make the boy forgets their last dialogues. The situation passed by Libby is included as threat. The threat is located on her reality about her last physical condition. It automatically creates an anxiety towards Libby because she wants to avoid it.

### **C. Defense Mechanism Taken by Libby in Holding Up the Universe**

An individual tends to feel the anxiety when facing the case of life. It can be caused by trauma, bad experience, environment, even the scary on her/himself can lead into anxiety. When people feel the anxiety, they will decide some responses to solve it. This process of problem solving is called defense mechanism.

Defense mechanism is the way human solve a problem, adapt to a movement, and response towards an issue (Keliat, 199). In the other words, defense mechanism is how an individual minimizes the pressure, anxiety, stress, or conflict by applying own self-defense mechanism. It is done consciously or unconsciously. According to Freud, there are several kinds of self-defense mechanism. They are denial, projection, repression, regression, displacement, formation reaction, sublimation, compensation, fantasy, rationalization, intellectualize, dissociation, undoing, and sympathizer.

Libby as the main character holds some cases on her life. Started by her mother's death, Libby gets stressed which finally leads her into anxiety. It success to change Libby's body becomes fat. Her body's condition affects her anxiety whether she obtains the acceptance from her circle.

*If a genie popped out of my bedside lamp, I would wish for these three things: my mom to be alive, nothing bad or sad to ever happen again, and to be a member of the Martin Van Buren High School Damsels, the best drill team in the tristate area. (Holding Up the Universe, 2016: 16)*

Libby's protection towards her anxiety after her mother's death is imagining unrealistic event. As we know that, genie does not exist in the real life. However, Libby wonders the condition will happen to her if there is a genie. She will expect her mother to be alive and having great days along her life.

In self-defense mechanism, wondering something based on the doer's expectation is called fantasy. Fantasy is divided into two kinds, conscious fantasy and unconscious fantasy. Freud (1915b: 188) organizes the unconscious systems because it is the part of self-defense mechanism. Unconscious system is aimed to distinguish between idea or wish and perception (Freud, 1917a). It roles very important because it can stimulate the thinking towards someone who gets anxiety. At this step, an individual will be able to fill the satisfaction of mind.

The evidence above tells about what Libby is done to prevent anxiety. By imagining her fantasy, Libby tries to apply the self-defense mechanism to minimize her anxiety. As we know that fantasy includes of type of defense mechanism, hence Libby is trying to push her anxiety by running out her fantasy.

*At first, I refused to talk to reporters, but at some point I needed to show the world that I'm okay and that my dad isn't the villain they made him out to be, stuffing me with candy and cake in an effort to keep me there and dependent on him like those girls from The Virgin Suicides. So, against my dad's wishes I did one interview with a news station out of Chicago, and that interview traveled all the way to Europe and Asia and back again. (Holding Up the Universe, 2016: 25)*



The proof tells about Libby's anxiety whether she has to doing interview. It is because of her traumatic experience when her mother was death. However, the issue comes to her and her father. Many people tell that her daddy hides Libby from the case of her mother's death. Because of this social issue, Libby decides to do interview with reporters.

Rationalization is the way someone looks for the reason as social consideration in way to show her/his good or hide a bad justification. According to Freud (in Winkel and Hastuti, 2004: 232-233), rationalization is a type of self-defense mechanism by creating the reasons to manipulate the fact in order to get social acceptance. This kind of defense mechanism helps the doer to justify the attitude while reducing the disappointment. Rationalization is the defense mechanism related to the effect resulted. As the example, a student who comes late. She will use the reason of traffic jam. In case, her teacher will not be angry to her.

At Libby's case, she gets anxiety caused by her mom's death. Since it happened, Libby is followed by some cases include of social case. The issue towards society construct Libby's mental illness. She is trapped into two possibilities, being someone with bad judgement or against her scary to be interviewed. At least, Libby is brave to have interview with new station of Chicago. It aims to avoid her family's bad stereotype which is created by people around her.

*I tell myself: Today. I tell myself: This is what you dreamed of when you were too scared to leave the house. This is what you dreamed of when you were lying in your bed for six months. This is what you wanted—to be out in the*

*world like everyone else. I tell myself: It's taken you two and a half years of fat camps and counselors and psychologists and doctors and behavioral coaches and trainers to get ready for this. For the past two and a half years, you've walked ten thousand steps a day. Every one of them was pointing you to now.* (Holding Up the Universe, 2016: 26)

The utterances above explain about Libby's mental condition. After passing her bad condition, she was unconfident to show herself. However, she has to move out from this anxiety. She tries to repress her mental condition by embracing positive mind. For instance, she tells to herself that having outside activities become her expectation and it will be grateful. Moreover, it is supported by her psychologists and doctors' condition's record. Hence, this way tends to improve her confidence.

Repression is the way to throw the impulses of bad memories toward someone because it cannot be accepted or create a scary (Freud in Winkel and Hastuti, 2004: 232-233) In the other words, repression is the way how someone decreases a stress. At this position, someone will be threatened then pushes it down until he/she hides and forgets it. This mechanism is mostly applied by human in order to avoid complex anxiety, such as inner conflict, financial crisis, lucid dream, and others. This way can also press people's mental illness by put out some positive thinking to hide it.

At the evidence above, Libby is doing repression. She was trauma caused by her physical condition. Her fat destroys her confidence to face the world because she is afraid to be bullied. Then, she does remedial test for turning back her physical condition and it takes very long time. This body's transition still makes her not

confident because she is worried that people will know her previous body. However, she embraces positive minds to reduce her anxiety. Libby tells to herself that having outside activities become her expectation since she got obesity. Therefore, it is the precious chance for Libby to struggle for better life.

## CHAPTER IV

### CONCLUSION AND SUGGESTION

This chapter contains the thesis's conclusion, which contains a clear and systematic statement of the analysis's overall results based on the data on  *Holding Up the Universe*  novel and suggestions from the researcher relating to solving problems that are the object of research or the possibility of further research.

#### A. Conclusion

Reflected by previous chapter, Libby experiences the anxiety as classified by Sigmund Freud: moral anxiety, neurotic anxiety, and realistic anxiety. Furthermore, it is caused by some factors. Sigmund Freud categorizes conflict, frustration, environment, threats, and age as the anxiety's causes. To maintain these anxieties, Libby also acts some self defense mechanism argued by Sigmund Freud. Those are fantasy, rationalization, repression, and others.

First, causes of anxiety felt by Libby is caused by conflict, frustration, environment, threats, and age. It happens on her with herself. The highlighted factor is her physical condition which is fat. It creates frustration, inner conflict, and threats toward herself. Besides, external conflict also supports her anxiety. Bad environment and other people threat also influences Libby's mental condition.

Second, Libby experienced three types of anxiety. Those are neurotic anxiety, moral reality, and realistic anxiety. Libby's neurotic anxiety comes from her worries

thought about what might be happen in the future. Her moral anxiety happens when she confuses of making decision about the interview. Then, Libby's realistic anxiety occurs when her physical appearance is not accepted by society. Her body makes she feels afraid of bullying like what she has faced before.

Libby also does self-defense mechanism to overcome her anxiety. There are fantasy, rationalism, and repression. The fantasy which taken by Libby was her expectation about her death mother which may be revived. The rationalism is done by her to safe her father from bad issue outside. The repression is when she is doing body transmission in order to reduces her anxiety that causes by her fat body.

## **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 Jennifer Niven's Holding Up the Universe, so researchers can conduct research using different theories to ensure that the research results are diverse. From this research, the readers also can learn about anxiety and defense mechanism. They can find out the causes of anxiety, the forms of anxiety, and the defense mechanisms to handle anxiety.

The researcher hopes that many students will do research about anxiety. Because anxiety is one of mental illness that often occur to people. Moreover, anxiety will become harmful if it occurs in a long term. From the anxiety research, it will give useful information about the symptoms of anxiety, the types of anxiety, and how

people can deal with it. Also through the anxiety research we can get more knowledge to writing a good thesis about anxiety. Researchers also hope that this research can be helpful for future researchers who are interested in the same object or theory and future researchers to use this research as a reference, especially in analyzing anxiety and defense mechanism through novel objects or different object.

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## **CURICULUM VITAE**



Qorina El Baroroh was born in Lumajang on July 21<sup>st</sup>, 1997. She graduated from Madrasah Aliyah Denanyar Jombang in 2015. She started her higher education in 2015 at Department of English Literature UIN Maulana Malik Ibrahim Malang. She also had an intership in PT. Taman Wisata Candi Borobudur, Prambanan & Ratu

Boko and placed in Prambanan temple. She enjoys following and trying a variety of activities in order to improve her skill and personality while also gaining experience and building relationships.