

**DEFENSE MECHANISM OF THE MAIN CHARACTER IN
JOSTEIN GAARDER'S *AN UNRELIABLE MAN***

THESIS

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

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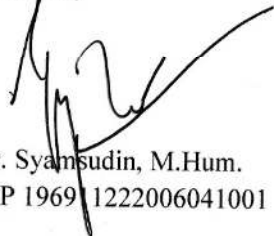
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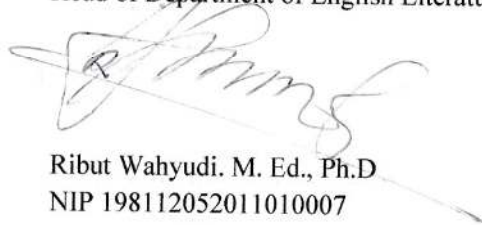
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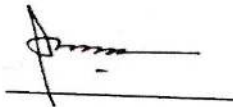
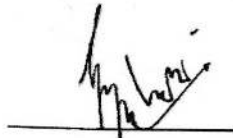

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MOTTO

"Justice maybe blind but love is never blind"

~Kaido Yuzhong~

DEDICATION

This thesis is dedicated to my parents, your highness Purnoto and my beloved Mom Suryaminingsih. The steadfast love of my parents has thrown many treasures for my education until the 13th semester.

~I love you, Dad, and I love you, Mom ~

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Alhamdulillahirobbil 'Alamin. All praises are due to Allah SWT, the most gracious and the most merciful. Allah is the one who has given the researcher guidance in completing this thesis to accomplish the requirement for the Sarjana degree in the Departement of English Literature of Universitas Islam Negeri Maulana Malik Ibrahim Malang. *Sholawat* and *salam* may always be given to the Prophet Muhammad SAW, the last messenger, who has guided the researcher from difficult times until now to become successful

This thesis would not be completed without some help, support, and prayers from many people. Therefore, the researcher would like to give the deepest appreciation to those whom the researcher loves.

First, sincere gratitude is extended to the researcher's beloved parents Purnoto and Suryaminingsih. Thank you for the endless love, prayer, care, trust, motivation, and support both material and spiritual you have provided. Being your son is the greatest grateful.

The sincerest gratitude also goes to Dr. Syamsudin, M.Hum. The advisor who has given invaluable guidance, knowledge and suggestion for me in completing this thesis. Thank you very much for taking the time to give valuable guidance which is very helpful in completing this thesis although he is very busy. The next sincere gratitude is dedicated to all the teachers and lecturers from elementary school until university who have given valuable knowledge, prayer and help during the researcher's study.

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Finally, the researcher truly realizes that this thesis has some weaknesses and needs constructive criticism and suggestions from the readers to make it perfect. Hopefully, this research can be useful for the readers, especially for the students of the Department of English Literature.

ABSTRACT

Arminata, Anas Nadya Difanda. (2022). *Defense Mechanism of the Main Character in Joestin Gaarder's An Unreliable Man*. Undergraduate Thesis, Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Dr. Syamsudin, M.Hum.

Key words: Defense mechanism, psychoanalysis, denial, displacement, identification, isolation, projection, repression, reaction formation, rationalization

Defense mechanisms are psychological strategies that are subconsciously used to protect a person from anxiety arising from unacceptable thoughts or feelings. This research focuses on the defense mechanism of the main character named Jakob Jacobson in Joestin Gaarder's entitled *An Unreliable Man*. This thesis aims to find out what defense mechanism are used by *Jakop*. This type of thesis is literary criticism. This research includes literary criticism using psychological approach in conducting and analyzing research data. This study, researcher used Sigmund Freud's Psychoanalysis approach to analyze the main character named Jakob. Researcher found that *Jakop* uses 8 types of defense mechanisms, namely *denial, displacement, projection, repression, reaction formation, isolation, rationalization, and rationalization*. In this case, the self-defense mechanism is very close to *Jakop's* character in living his daily life. Not only that, this defense mechanism allows *Jakop* to stabilize his psychological side to avoid anxiety.

ABSTRAK

Arminata, Anas Nadya Difanda. (2022). *Defense Mechanism of the Main Character in Joestin Gaarder's An Unreliable Man*. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Dr. Syamsudin, M.Hum.

Kata Kunci: mekanisme pertahanan , psikoanalisis, identifikasi, proyeksi, penyangkalan, rasional, represi, reaksi formasi, pemindahan, isolasi,

Mekanisme pertahanan diri adalah strategi psikologis yang secara tidak sadar digunakan untuk melindungi seseorang dari kecemasan yang timbul dari pikiran atau perasaan yang tidak dapat diterima. Penelitian ini berfokus pada mekanisme pertahanan diri karakter utama bernama Jakop Jacobson dalam Joestin Gaarder yang berjudul *An Unreliable Man*. Skripsi ini bertujuan untuk mengetahui apa saja mekanisme pertahanan yang digunakan Jakop. Penelitian ini termasuk kritik sastra menggunakan pendekatan psikologikal dalam mengumpulkan dan menganalisa data penelitian. Dalam penelitian ini, peneliti menggunakan pendekatan Psikologikal Sigmund Freud untuk menganalisis karakter utama yang bernama Jakop. Peneliti menemukan bahwa Jakop menggunakan 8 jenis mekanisme pertahanan, yaitu penyangkalan, perpindahan, proyeksi, represi, reaksi formasi, isolasi, rasional, dan rasionalisasi. Dalam hal ini, mekanisme pertahanan diri sangat erat dalam karakter Jakop untuk menjalani kehidupannya sehari-hari. Bukan hanya itu, mekanisme bertahan ini membuat Jakop bisa menstabilkan sisi psikologisnya agar terhindar dari kecemasan.

مستخلص البحث

أرميناتا، أنس نادية ديفاندا. (٢٠٢٢). آلية الدفاع عن النفس للشخصية الرئيسية Jostein Gaarder رجل غير موثوق به. البحث الجامعي، قسم الأدب الإنجليزي. كلية العلم الإنسانية. جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج. المشرف: الدكتور شمس الدين، الماجستير.

الكلمات المفتاحية: آلية الدفاع عن النفس، التحليل النفسي، الإنكار، الإزاحة، التحديد، العزلة، الإسقاط، القمع، تكوين رد الفعل، التبرير.

آليات الدفاع هي استراتيجيات نفسية تُستخدم دون وعي لحماية الشخص من القلق الناجم عن الأفكار أو المشاعر غير المقبولة. يركز هذا البحث على الآلية الدفاعية للشخصية الرئيسية المسمى جاكوب جاكوبسون في فيلم Joestin Gaarder رجل غير موثوق به. تهدف هذه البحث الجامعي إلى معرفة آليات الدفاع التي يستخدمها جاكوب. يتضمن هذا البحث النقد الأدبي باستخدام المنهج النفسي في جمع وتحليل بيانات البحث. في هذه الدراسة، استخدم الباحثون نوح سيغيموند فرويد النفسي لتحليل الشخصية الرئيسية المسماة جاكوب. وجد الباحثون أن جاكوب يستخدم ٨ أنواع من آليات الدفاع، وهي الإنكار، والإزاحة، والإسقاط، والقمع، وتشكيل رد الفعل، والعزلة، والترشيد، والترشيد. في هذه الحالة، تكون آلية الدفاع عن النفس قريبة جدًا من شخصية جاكوب في عيش حياته اليومية. ليس ذلك فقط، فهذه الآلية الدفاعية تسمح لجاكوب بتثبيت جانبه النفسي لتجنب القلق.

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CHAPTER I

INTRODUCTION

A. Background of the Study

The defense mechanism is a theory founded by Sigmund Freud (1894), according to which all humans have the property of rejecting or accepting something to protect their feelings, consciously or unconsciously. Freud (1915, p. 44). Proposes an intriguing idea that:

The processes of turning against the self and reversal, and these he designates as "vicissitudes of instinct." From the point of view of the ego these two latter mechanisms also must come under the heading of methods of defense, for every vicissitude to which the instincts are liable has its origin in some ego activity.

Every human being has a different personality due to the development of maturity and way of thinking. Some have quiet personalities and find it difficult to interact with others, and there are also angry personalities because of the problems they face. Personality comes from the word *persona* meaning mask, intended to describe the behavior, character, or personality of a person. Personality is the complex total psychophysics of the individual so that it appears in his unique behavior (Barry, 2002, p. 87).

The defense mechanism is an unconscious or subconscious behavior so that individuals feel they get something that is needed even though it does not exist in reality. Another meaning of a defense mechanism is a person's desire not to accept something he does not want even though the truth is there. According to Freud, the defense

mechanism is implemented whenever anxiety signals a danger that not acceptable original impulses may reemerge (Freud 1894, p. 93). Under certain conditions, a defense mechanism is something that is much neglected in a person. In addition, naturally, a defense mechanism is something that exists early in life. In principle, the defense mechanism appears when faced with situations that cause anxiety. People tend to hide negative things in themselves.

Defense mechanism is often used as a theory to analyze characters in a literary work, both from novels and other literary works. Theory that explains about protecting the ego, to avoid feeling bad. Freud (1894, p.47) proposes an intriguing idea that:

That is to say, until their ego was faced with an experience, an idea or a feeling which aroused such a distressing affect that the subject decided to forget about it because he had no confidence in his power to resolve the contradiction between that incompatible idea and his ego by means of thought-activity.

The researcher took a case from the novel *An Unreliable Man* in this study. This is the story of Jakop, an accomplished storyteller at the ceremonial events of the deaths of people he had met throughout his life. Jakop Jacobsen is his full name. He is indeed a loner. To cheer himself up from loneliness, Jakop often attended people's funerals, which is not very well known who Jakop is. Some of them have only met Jakop once in their lives, but Jakop always behaved as if he had known them for a long time.

Jakop was an accomplished narrator. At each funeral, Jakop will be the speaker, telling a story of knowing those who are gone. A good story, of course, but the truth is that only Jakop knows it. Yes, Jakop often fabricates fake stories; a story that didn't happen, a story written by itself. For Jakop this is very important. When speaking in front of people who came to the funeral, Jakop felt heard and cared for. This made him feel more alive; moreover, he felt he was no longer alone. Therefore, Jakop always prepares a good story even though it means he must fabricate a false story. Although alone, Jakop also has friends. He is named Pelle. Pelle is a pirate who likes to come and go as he pleases. To Pelle, Jakop always told the truth.

Finally, Jakop meets a woman who knows that all of Jakop's stories are lies. by revealing Jakop's lies, he only told the woman whose name was Agnes. Only the woman's equivalent Jakop tells the reason why he came to every burial of the dead, even though he did not know who he was going to. Everything is told from the first time he did that, and the reason why he did things that were widely thought to be strange. Therefore, the researcher wanted to analyze the character of Jakop through a psychological approach by using the theory of self-defense mechanism by Sigmund Freud (1894).

Freud with his theory of Id, ego, and superego became the father of psychology. Id itself is beyond the limits to be able to now, but we can see the ego and superego in people's characters. The super- ego, like the

id, becomes perceptible in the state that it produces within the ego: for instance, when its criticism evokes a sense of guilt (Freud, 1936, p. 6). It can be concluded that the influence of id, ego, and superego can make people change their defense depending on their ego.

Not only used in aspects to treat people with mental disorders but also often used to analyze a character in a literary work. With the basic thoughts on conscious and unconscious, Freud also found that everyone has a self-defense mechanism in his mind. Recognized as part of ourselves but are perceived in or attributed to another, our desires or antagonisms, for instance, may be 'owned' in this way. Both of these might be seen as defense mechanisms, that is, as psychic procedures for avoiding painful admissions or recognitions (Barry, 2002, p. 65). That way of thinking that Freud called a defense mechanism, a procedure to be accepted in the face of an unwanted past.

Usually, individuals will use several defense mechanisms at one time at the same time. There are two important characteristics of defense mechanisms. First, they are a form of rejection or interference with reality. Second is that the defense mechanism goes unnoticed. Lie to ourselves but do not realize that our itself. Of course, if people know that other people are lying, the defense mechanism will not be effective. If the defense mechanism works well, the defense will keep all threats out of our consciousness. As a result, we don't know the truth about

ourselves. Many people are still afraid to accept themselves and take refuge with defense mechanisms.

In this case, the researcher discovered the thought that stood out from Jakob's character, where he always assumed that if he came to the cemetery of the dead, he would get what he did not get before. The defense mechanism goes back to the past and gets happiness from his ego (Barry, 2002, p. 66).

Several studies use the theory of defense mechanism, a lot to discuss figures who have an unusual character in literary works. The thesis that discusses the defense mechanism discusses a lot about personality, characterization, the decision taken by the character and the consequences of having a self-defense mechanism itself. For example, the researcher discovered a thesis by Waode Nia Fadillah's *Self Defense Mechanism of Characters In Lawrence's Lady Chatterlays Lover* (2018). She's mentioned that the character remained alive using self-defense mechanisms such as repression, sublimation, projection, denial, regression. This has a direct impact on the decisions of the characters in living his life.

Next thesis by Annisa Maulida Salamah's *Defense-Mechanism Pada Tokoh Marrie Dalam Novel Utakata No Ki Karya Mori Ogay* (2015). In this research, she analyzed Japanese literary figures. She identified the main character using the self-defense theory. So that the researcher knows what decisions are taken and what are the

consequences for the main character. Next thesis by Neni Kurniawati's *Mekanisme Pertahanan Diri Tokoh Putri Lanhsiang Dalam Putri Bunga Meihua* Karya Chiung Yao (2008). In her research, she analyzed Chinese literary figures. She identified the main character using the self-defense theory. So that the researcher knows what decisions are taken and what are the consequences for the main character.

The fourth is a thesis by Bagaskara Gita Pradhana's *Anxiety And Defense Mechanism Study of Kat Novak In Girl Missing* By Tess Gerriten (2018). The result of his study was that the main character was very shocked to see the corpse, so he used methods of self-defense, including repression, projection, reaction formation, fixation, and regression.

Last thesis by Lettrin Gannes Utama's *Defense Mechanism Tokoh Utama Dalam Cerita Bersambung Ara-Ara Cengkar Tanpa Pinggir* Karya Adinda AS (2016). The results of the analysis of this study are: Overall, the *Ara-Ara Cengkar Tanpa Pinggir* by Adinda AS shows a unified whole and is very closely related to each other. The structural elements are interrelated to form a beautiful unity. The main character in the *Ara-ara Cengkar Cerbung without periphery* by Adinda AS does not use all forms of defense mechanisms in Albertine Minderop's theory. The form of a defense mechanism by main character tends to be in form of an immature defense mechanism. One of the positive impacts caused by the

defense mechanism is that it can reduce anxiety and maintain a positive self-image. One of the negative effects is not relaxing.

In conclusion, The researcher wants to focus on previous studies using the same theory but with a different focus. While previous research found the factors and impacts on the main character, this research wants to focus on defense mechanism. Besides that, previous research can help this research. Researchers can also compare previous studies of various types of defense mechanisms. In brief, this study is related to previous studies that discuss defense mechanism in the main character, with different objects and also studies related to objects similar to Joestin Gaarder's *Un Anreliable Man*.

Therefore, based on the background above, the researcher decided to analyze the main character in the novel *An Unreliable Man* because these characters show actions and behaviors denial, projection, and identification can be categorized as defense mechanisms by using the psychological approach, with Sigmund Freud's defense mechanism (1894). Using this theory, this research aims to describe what types of defense mechanism finds a character like Jakop.

B. Problem of the Study

Based on the background of the study, this study is intended to answer the following problem of the study:

What types of defense does the main character do in Joestin Gaarder's *An Unreliable Man*?

C. Significance of the Study

There are two types of research significance, namely theoretical and practical importance. Theoretically, this study is planned to advance the theoretical basis of literary studies, especially those identified with psychological aspects in literary works. This practical research is to actualize one literary theory so that researchers can achieve the planned objective appropriately.

In addition, the findings of this study are for readers who have extraordinary consideration in literary works and for individuals who are interested in understanding the main characters in *An Unreliable Man* by Jostein Gaarder, especially those relating to a psychological analysis by utilizing Freud's theory of self-defense mechanism.

This research is also expected to be a model of reference for researchers who might direct the examination of psychosocial analysis of the novel *An Unreliable Man*. This research can provide data and motivation or inspiration that is helpful for other researchers to research literary works, especially in similar studies.

D. Scope of Limitation

There are a lot of scopes in psychology that could be taken for the focus to analyze Joestin Gaarder's *An Unreliable Man*. However, the researcher only examines about defense mechanism of the main character, Jakop. Moreover, the researcher focuses on Jakop's focus because he is concerned about the sad past that affected his life until he uses a defense mechanism.

E. Definition of Key Terms

To avoid misunderstanding what this research discusses, the researcher must define key terms in this study. Some words are defined as follows:

1. **Psychoanalysis**

Psychoanalysis theory can be categorized as a dream analysis theory because Freud emphasizes research from the mind, the systematic science of human behavior, and a method of treating psychological or emotional illness. Freud's theory in more detail in his description of the self-defense theory. Psychoanalysis itself is a form of therapy that aims to cure mental disorders 'by investigating the interaction of conscious and unconscious elements in the mind' (as the Concise Oxford Dictionary puts it) (Barry, 2002, p.67).

2. Defense Mechanism

The defense mechanism is an unconscious or subconscious behavior so that individuals feel they get something that is needed even though it does not exist in reality. Self-defense is a period where the human soul tries to choose the influences of good and bad that enter (Hall, 1954, p.67). Defense mechanism is often used as a theory to analyze a character in a literary work, whether from a novel or other literary works. This conception of defenses as a part of normal personality functioning opens the way for considering defense mechanisms (Hall, 1954, p.3).

a. Denial

In the defense mechanism, the type of denial is the earliest formulation. Undeniably, this type is very often used by people still not controlled by their egos. While primary repression protects the child from being overwhelmed by instinctual demands, denial functions to ward off upsetting perceptions of the external world (Freud, 1894).

b. Projection

Projection is feelings or assumptions of others to make oneself uncomfortable. It functions by removing disturbing thoughts or feelings from the person and placing or attributing them to someone or something else (Feist et al., 2018).

c. Identification

According to Hall, identification is the most complex defense mechanism among other defense mechanisms. The mechanism of identification is considerably more complex than those denial and projection. As with projection, it requires the capacity to differentiate between self and other (Hall, 1954).

d. Repression

Repression is an effort to dampen an impulse generated by the id where the ego feels threatened. Then this impulse is suppressed in the human subconscious so that it does not allow the person concerned to process it rationally. Against numerous cases, it lasts a lifetime. Because we use repression to protect ourselves from danger, in order to remove it, we would have to realize that the idea or memory is no longer dangerous (Schultz & Schultz, 2017).

e. Reaction formation

People who use this defense mechanism recognize their feelings but choose to behave contrary to their instincts. In reaction formation, we defend ourselves against a disturbing impulse by actively expressing the opposite impulse (Schultz & Schultz, 2017).

f. Displacement

Humans transfer their feeling to other things, such as other people, objects, and even animals. They don't take it out on the source but on something else to avoid anxiety. Displacement If an object that satisfies an id impulse is not available, the person may shift the impulse to another object. This is known as displacement (Schultz & Schultz, 2017).

g. Rationalization

The defense of this type of mechanism is probably almost the same as denial. However, this type chooses more rationally and is approved by himself. People defend themselves to avoid the threat of their anxiety. We excuse or justify a threatening thought or action by persuading ourselves that there is a rational explanation for it (Schultz & Schultz, 2017).

h. Sublimation

If a defense mechanism is considered a positive strategy, sublimation is one of them. People who apply this mechanism choose to vent their emotions or feelings on safer objects or activities. In particular, the concept of sublimation mean taking a fundamentally antisocial or unacceptable desire and channeling the energy into socially valued activities (Baumeister, Dale, and Sommer, 1998).

i. Fixation

Fixation is a permanent connection of basic human needs at the previous stage of development, thereby affecting the background of human mental development. Hence, they remain in one place and don't go ahead. It is usually mentioned as a "primitive stage of development (Feist et al., 2018)."

j. Regression

Regression is a state in which a person mentally retreats to a previous stage of development. Hence, some regression actions, like "eating too much, daydreaming, rebelling against the rule, and any other childish behavior," are common among adults (Hall, 1954).

k. Isolation

Isolation is a type of defense mechanism that limits negative thoughts from escaping. As a defense, isolation does not remove a bad idea from mental existence; instead, it minimizes its impact (Baumeister, Dale, and Sommer, 1998).

CHAPTER II

REVIEW OF RELATED LITERATURE

A. Psychology of Literature

Literature is ideas created by humans, which can be influenced by the author's living environment, which may also be a characteristic of the author's life. Meanwhile, many people assume that literature is a reflection of human life itself. It can be said that creators use literary works to describe what they feel and see and what they face in social situations involving other people. Literary works are known to people in several forms, namely novels, dramas, and poetry (Sangidu, 2004). The relationship between literature and psychology is very close. According to Cohen (1971), "*Literature provides insight into the realm of psychology, and psychology explains the problems that arise in literary works.*" Therefore, to study deepening literary works using psychology, a psychological approach.

As a result, using a psychological perspective to analyze a literary work's meaning amplifies its content; to be more specific, it studies the researcher's imagination. Literary works are founded on research experience, and as all authors are fallible, we, as experts, must be aware of the whole range of issues that the author may have contributed to. Not all literary analysis using a psychological lens aims to comprehend the works under consideration fully. Many literary phenomena have to do with the

human spirit. The characters in the literary work serve as the author's reflection on this phenomenon. This makes literary works can be analyzed using psychological theories, which also find the human soul in real life (Cohen, 1971).

B. Freudian Psychoanalysis

Coined by Sigmund Freud, psychoanalysis is a psychological theory and method to cure mental illness patients using psychoanalytic tools, focusing on the unconscious state, and is called *depth psychology* (Baumeister, Dale, and Sommer, 1998, p. 1). With his colleagues, Freud found that many forms of mental illness, such as anxiety and hysteria, resulted from past events being accepted in the unconscious. Freud's work suggests that the unconscious mind greatly influences conscious action. All of Freud's work depends upon the notion of the unconscious, which is the part of the mind beyond consciousness that nevertheless has a strong influence on our actions (Barry, 2002).

After the separation, Freud developed his theory and found several ideas. He believed that ideas, memories, and impulses were incompatible with the conscious mind, so they were repressed and hidden in the unconscious. Then, it is directed to thoughts and behaviors. Repressed memory can be released from unconsciousness using psychoanalysis.

According to Barry (2002), this theory can be used to analyze a literary work if the object accentuates character thinking, disputes between characters, and conflicts that occur in literary works. At the expense of social or historical context, they identify a 'psychic' context for the literary work, privileging the individual 'psycho-drama' above the 'social drama' of class conflict.

The conflict between generations or siblings, or between competing desires within the same individual looms much larger than conflict between social classes, for instances (Barry, 2002). In this stage, the defense mechanism will be suitable for this research. Because it deals with the character of unique main character, and the researcher wants to know what self-defense mechanisms are used.

C. Defense Mechanism

Freud said that defense mechanisms can be defined as ego strategies to protect or defense against anxiety (Schultz & Schultz, 2017). Freud (1856/1939a), accompanied by his daughter, Anna Freud (1946), established this type of defense mechanism that is universally applied, especially when anxiety occurs extremely—"compulsive, repetitive, and neurotic (Feist et al., 2018)."

There are types of defense mechanisms by Sigmund Freud (Baumeister, Dale, and Sommer, 1998; Crammer, 1991; Feist et al., 2018; Hall, 1954; Schultz & Schultz, 2017), as follows:

1. Denial

The most common form of defense mechanism is the denial of existing reality. In this way, a person closes access to certain things so that is not emotionally affected. Simply put, a person chooses to avoid situations that can make person emotionally uncomfortable. At base, denial is accomplished by attaching a negative marker (e.g., *no*, *not*) to a perception, thoughts or feeling. In this way, thought or feelings that would be upsetting, if accurately perceived, are ignored or misrepresented (Schultz & Schultz, 2017).

When an individual denies reality, they assume that the unpleasant experience does not exist or deny its existence (in fact, they are fully aware of it) to protect themselves. Denial of reality also contains an element of self-deception. However, the concept of denial was expanded to include a warding off of certain internal stimuli, accompanied by a covering over, or a *screen*, which substituted for the painful thought (Schultz & Schultz, 2017).

In the defense mechanism, the type of denial is the earliest formulation. It is undeniable that this type is very often used, by children or teenagers who are still not controlled by their egos. Although this kind of pleasurable fantasy may continue into adolescence and adulthood in the form of occasional daydreaming, in normal development the importance of Denial as

a defense has largely ended by the middle years of childhood (Hall, 1954). So many cases of children who lie to protect themselves from the discomfort around them.

Denial is a primitive form of oppression. In this case, a person denies what creates fear. Therefore, a person denies his reality and creates unhappy feelings. While primary repression protects the child from being overwhelmed by instinctual demands, denial functions to ward off upsetting perceptions of the external world (Freud, 1894).

Denial is often formed when the state and mind become uncomfortable. For example, when people have abnormal habits and make their surroundings uncomfortable. disclaimer they use "no, not" to argue that they don't do the odd habit. *Defense mechanisms are cognitive operations that operate outside of awareness* (Schultz & Schultz, 2017). Because of the pressure of circumstances and the desire to avoid discomfort to others.

2. Projection

The second defense mechanism is the projection, feelings, or assumptions of others to make oneself uncomfortable. In the projection defense mechanism, the mindset tends to be reversed as a justification for existing beliefs. Projection is cognitively more complex. It functions by removing disturbing thoughts or feelings from the person and placing or attributing them to someone or something else (Feist et al., 2018).

Individuals who use this projection technique are usually very quick to show other personal characteristics that they do not like. Projection is carried out by breaking the connection between the conscious ego and specific thoughts or impulses and then attributing the origin of these thoughts elsewhere. In this way, the individual remains unaware of their personal origin (Feist et al., 2018).

Projection makes people always think that there is something wrong with them. They think that other people are talking about it and make themselves use projection to calm their mind as well as mentally. For example, man likes a woman, but when the man is asked by his best friend, the man will say that it is the woman who likes him and is trying to get him where he is trying to project the anxiety he is facing.

As the world becomes more frightening, the individual may attempt to develop an "explanation" for the disturbing happenings. In some cases, the explanation takes on a logically consistent form, with conclusions following closely from the premises. In this case, projection contributes to the formation of a delusion, in which circumstantial reasoning and ideas of reference contribute to the further alteration of reality (Schultz & Schultz, 2017).

3. Identification

Identification is a mechanism by which a person enhances his self-esteem by patterning himself as similar to others. Increase self-esteem by equating his self-worth with someone or something he admires. This is seen as a regressive phenomenon, in which the anxiety caused by the loss, or anticipated loss, of a significant other, is attenuated by recreating that other internally (Schultz & Schultz, 2017).

There are many influences that make people use identification in their defense mechanism. One of which is influenced by childhood and the surrounding environment, thus making them well-accepted in society. On the other hand, there is developmental identification, in which the child modifies his own ego, on the basis of experience, to become increasingly

independent, individuated, and autonomous from significant others (Hall, 1954).

According to Hall, identification is the most complex defense mechanism among other defenses mechanism. The mechanism of identification is considerably more complex than those denial and projection. As with projection, it requires the capacity to differentiate between self and other (Hall, 1954). Suppose denial only focuses on avoiding things that hurt themselves and lying and projection is where each person distinguishes himself from others. In that case, identification is the most complex defense mechanism in Hall's theory.

Self-identification is seen in people who change themselves from their nature, and habits to their appearance. In order to gain recognition from others, they will try to imitate the habit, the nature of the way of dressing to be as similar as possible to the person they are imitating. Hall (1954, p. 43) proposes an intriguing idea, that:

These include a change that occurs in the ego (i.e., the personality, behavior, or motives of the individual); the change is in the direction of becoming like some other individual, group, or cause; the change serves the purpose of maintaining an affective relationship with a significant other; and the change is related to the development and maintenance of self-esteem.

4. Repression

Bad thoughts, painful memories, or irrational beliefs can upset individuals. Instead of confronting those thoughts, people may subconsciously hide them in hopes of forgetting them altogether. Repression makes a memory and idea which can be a threat to build a barrier against anxiety (Hall, 1954).

Repression is an effort to dampen an impulse generated by the id where the ego feels threatened. Then this impulse is suppressed in the human subconscious so that it does not allow the person concerned to process it rationally. Against numerable cases, it lasts a lifetime. Because we use repression to protect ourselves from danger, in order to remove it, we would have to realize that the idea or memory is no longer dangerous (Schultz & Schultz, 2017).

But in some cases, repression can dissipate if the source of the threat disappears or fades away. For example, a child hides his hatred for his younger sibling because it will cause anxiety. In addition, society can't accept intense and can't be controlled.

5. Reaction formation

Reaction Formation directs a person to show the opposite behavior. This is a different reaction from the id's impulses. The ego diverts unacceptable impulses to opposite impulses. In

reaction formation, we defend ourselves against a disturbing impulse by actively expressing the opposite impulse (Schultz & Schultz, 2017). For example, a child who hates his parents will show the opposite side by expressing their love for their parents, but not sincere because of morals and socials.

People who use this defense mechanism recognize their feelings but choose to behave contrary to their instincts. For example, someone who reacts this way may feel that they shouldn't express negative emotions, such as anger or frustration. They instead choose to respond in an overly positive way.

6. Displacement

Like the name of the type, Displacement, which means moving something. That is, humans transfer something to other things, such as other people, objects, even animals. They don't take it out on the source but on something else to avoid anxiety. Displacement If an object that satisfies an id impulse is not available, the person may shift the impulse to another object. This is known as displacement (Schultz & Schultz, 2017). For instance, A child is beaten by his father, he will not be able to repay his father but to a friend who is weaker than him.

7. Rationalization

The defense of this type of mechanism is probably almost the same as denial. However, this type chooses more rationally and is approved by himself. People defend themselves to avoid the threat of their anxiety. We excuse or justify a threatening thought or action by persuading ourselves that there is a rational explanation for it (Schultz & Schultz, 2017). For example, someone who didn't get a job promotion might say he doesn't want the position.

8. Sublimation

Unlike displacement, this type replaces the impulse itself. Even though they both change, they are of different types. Sublimation tends to do things that are acceptable to society. In particular, the concept of sublimation mean taking a fundamentally antisocial or unacceptable desire and channeling the energy into socially valued activities (Baumeister, Dale, and Sommer, 1998). for example, people who are emotional can be changed into a painter or sportsmen.

9. Fixation

Fixation is a kind of universal defense mechanism. it's when someone is doing something else but worries too much. People with this defense mechanism feel insecure because of the new things they are going through and don't want to accept pain in the future. Hence, they remain in one place and don't go ahead. It is usually mentioned as a "primitive stage of development (Feist et al., 2018)."

10. Regression

While fixation avoids going forward, type regression avoids going backward. People with this type go back to when there was no anxiety or fear. In this case, they will return to the childhood stage. Hence, some of regression actions, like "eating too much, daydream, rebel against rule, and any other childish behavior" are common among adults (Hall, 1954). For example, when a person becomes more childish and dependent (Schultz & Schultz, 2017).

11. Isolation

Isolation is a type of defense mechanism that limits negative thoughts from escaping. Using this type, people tend to think harder so that the thoughts that make them worry don't negatively affect other people. As a defense, then, isolation does not actually remove a bad idea from mental existence, but instead it minimizes its impact (Baumeister, Dale, and Sommer, 1998). For example, if a person follows a train of thought and pauses to leave gaps in silence, then that person continues with a different topic or is avoided.

CHAPTER III

RESEARCH METHOD

A. Research Design

This study uses literary criticism, which can be defined as the activity of "interpreting, analyzing, and evaluating" literary works (Fard, 2016). The researcher uses literary criticism as a research method because the research object is literary works.

Besides that, the researcher uses a psychological approach to research the topic. In psychology in literature, there are three kinds of approaches, including expressive, textual, and receptive (Aminudin in Al-Ma'ruf & Nugrahani, 2017). In this case the researcher uses a textual approach to analyze literary works through the character's psychology.

B. Data Source

The data were obtained from Joestin Gaarder's novel, *An Unreliable Man*. The novel was published in 2019 by the W&N blog and newsletter. The data is taken from dialogues, monologues, and sentences from the novel.

C. Data Collection

The researcher starts to collect the data by doing following steps. The first step is to read Joestin Gaarder's *An Unreliable Man* novel and understands it. The next step is selecting the data related to the study issue. After collecting the data, the researcher will move into the next part of data analysis. These measures are used to respond to this research's problem statement.

D. Data Analysis

To analyze the data systematically, the researcher following steps. The first step is reviewing the collected data which is related to the topic. Through psychoanalysis, the researcher could infer the development of the main character. To make easier, the researcher makes a list of the collected data. The first step is classifying the data based on the research problems.

After classifying the data, the researcher describes and analyzes the data based on the theory used in this research. The theory must be related to the problems of the research. In this step, the researcher applies Freud's psychoanalysis theory. Finally, the researcher concludes and determines whether the conclusion is already appropriate to answer the research problems.

CHAPTER IV

FINDING AND DISCUSSION

In this chapter, the researcher discusses the study's problem. The discussion in this chapter will be divided into two parts. The first is to identify the defense mechanisms shown by the main character in Joestin Gaarder's novel *An Unreliable Man* novel.

The researcher finds eight types of defense mechanisms used by the main character in the novel *An Unreliable Man*. The researcher finds several types of defense mechanisms used by the main character in the novel *An Unreliable Man*. Sigmund Freud's theory will analyze several types. It also includes showing what types use defense mechanisms in the novel *An Unreliable Man*.

A. The Types of Defense Mechanisms Used by Jakop

1. Denial

Jakop, the main character in this novel, shows all types of defense mechanism theory written by Freud. Many influences cause Jakop to use this defense system, one of the reasons is the fear of reality, such as a lot of denials. Hall (1954, p.44) proposes an intriguing idea that:

Denial is the least complex of the three. At base, denial is accomplished by attaching a negative marker (e.g., 'no', 'not') to a perception, thoughts, or feeling. In this way, thoughts or feelings that would be upsetting, if accurately perceived, are ignored or misrepresented.

Many denials in Jakob make him use defense mechanism type of denial. For example, when he attends a stranger's funeral, his mind rejects the reality that it is a foreigner's funeral. His self-defense system confirmed that the person's funeral was an old friend's funeral.

It was this side of Erik's life I represented. If questioned, I would inform the family that I had sat in his lecture theatre, but that we'd maintained informal contact over many years and, in time, became what I would call close friends (p.11).

From this, it shows that Jacob's denial of reality is very clear. By assuming the dead person is a close friend, we already know that this denial is based on the lack of friends in childhood. The fact was that the person who was considered his close friend was not his close friend at all.

Freud explained that each category of defense mechanism has its sub-chapter. There are three categories of theory defense mechanism Denial, projection, and identification with sub-chapters in each of its contents. After several preliminary attempts, a final scoring plan was developed, such that, for each defense, there were seven categories, representing different aspects of the defense (Hall, 1954).

The text evidence that strengthens the character's use of the denial type is as follows.

But if she really couldn't stand to see me with Pelle, and wasn't even capable of tolerating the fact that we sat together in the living room and talked when she was out, it should have been up to her to move out. I said as much. But in the end, I was the one who ended up packing my things (p.36).

The text above shows a denial in him, giving rise to a defense mechanism of denial in the text above. According to Cramer, the factors that most often lead to defense mechanisms are anxiety, trauma, and history from the past. The use of Denial, beginning in infancy, continues throughout toddlerhood by early childhood, social pressures from peers, as well as increased cognitive abilities, continue to the reduction of this defense, although its use may continue on an intimate, fantasy level in fantasy, the young child may transform weakness into strength, fear into courage, and failure into success (Hall, 1954).

2. Projection

The next type is projection, which is used by removing negative thoughts from other people against themselves or placing bad reviews on other people. They can also connect with other people or even inanimate objects to avoid anxiety from other people. Projection is cognitively more complex. It functions by removing disturbing thoughts or feelings from the person and placing, or attributing them to someone or something else (Hall, 1954).

When he talks, and his interlocutor is someone he doesn't want to offend, projection shifts that anxiety to someone else.

There was no longer any doubt: she was looking demonstratively at me as she spoke, as though she wanted to make it clear it was me she was addressing. But why? Was it to test me? Or was she just being provocative? (p.47).

The evidence of the text above shows that the self-defense mechanism of projection makes the character think negatively toward others. This is because there is nervousness in him and it makes him think negatively about other people to himself. Projection also makes users blame people and even inanimate objects around them.

The second example also shows a lot of projections in Jakop, always thinking negatively towards other people who talk to him. Even though know him a little, his ego gets closer difficult. Because of the past broken husband and wife relationship, he always thinks negatively of others and finds it difficult to trust others.

I had already put my coat on and was about to leave, when Ylva leaned over the back of her chair and reached out her right arm in an old-fashioned gesture, as though she wanted her hand kissed. But why? To humiliate me? Was it a way of making apparent the fact that I belonged to a completely different generation, that I was a remnant from another time? But I just nodded and said goodbye (p.47).

People like Jakop are the type of people who want to have a relationship like family. He wants to have a brother or sister figure in his life. So he looked for the figure in every funeral he attended and chatted like family to the person who came to be devoured. With

the ability to collect data quickly, he could become a very close person to the deceased. But if one person finds out if he is lying, he will go straight away and not want to meet the person who knows his secret.

Judging from the snippet above, Jakop is worried his secret will be exposed. The projection shown in the text snippet above is that he feels the woman's hostile intentions are very large. So he avoided talking and went straight away in his car away from the place.

3. Identification

Identification is a mechanism by which a person enhances his self-esteem by patterning himself as similar to others. Increase self-esteem by equating his self-worth with someone or something he admires. This is seen as a regressive phenomenon, in which the anxiety caused by the loss, or anticipated loss, of a significant other, is attenuated by recreating that other internally (Schultz & Schultz, 2017).

This identification is the development of defense mechanism based on the awareness of the mind so that it can be accepted in the surrounding environment. By representing as another person and as much as possible as similar to the artist, public figure, or the person closest to him. This defense mechanism can be seen from the way of thinking that has been instilled since childhood, habits, and skills honed from childhood.

Indeed, it's strange to see from the screen in front of me that I've used the word 'tradition'. Because I've been alone in this custom. This is worth highlighting, because when you start to develop an inner respect for the kind of habits that involve no one other than yourself, the power of the habit starts to come perilously close to what many would call a compulsive neurosis. But I don't see it that way. I have a great deal of respect for contracts I've entered into with myself. There's nothing more to be said on the matter (p. 63).

The defense mechanism that can be seen from the text above is an identification type. The text above tells that Jakop sees himself carrying out a tradition that does not involve other people. Indirectly Jakop already feels part of the tradition, and this shows that the use of Jakop identification is realized. By doing that tradition, inner comfort makes emotional and mental more stable. It's not that Jakop is mentally unstable, but he is mentally calmer when he does things he likes.

This type of identification in the story above embodies the comfort of being part of the tradition. He likes being a person who can get together with other people closely, it seems that Jakop enjoys his time doing this tradition. This comfort is obtained because of Jakop's past, who lived with a less harmonious family. He wanted the warmth of a family he didn't get before; by doing this tradition on his own, he brings comfort and peace because his ego has been fulfilled.

One more example to make the denial type that Jakop uses stronger showing him using this type also makes the researcher's thesis more contained and has the potential to get good grades. So, there is no

harm in multiplying examples, so there is more evidence that Jakop uses the identification type of defense mechanism.

She loved being in the mountains, and had a particular affinity for Sognefjorden and Western Norway. She might exclaim that the more untouched the nature around her, the more touched she felt. And you undeniably have to go pretty high into the mountains to find nature that is even partly untouched by human hand (p. 83).

According to the text above, the identification refers to Jakop who became a very close friend to the deceased he visited. With his intelligent lie, the main character easily manipulates the family he comes to. The story above shows that Jakop is someone else who fulfills his ego to be able to feel a sense of family at the funeral.

That sense of comfort made Jakop unable to stop with his ego, where he always wanted to get satisfaction and warmth from the funeral as a family. There are times when jakop also cries for the funeral of someone he doesn't recognize because he has fallen into his mask as that person's close friend. That's why Identification type defense mechanism is very attached to Jakop figures.

4. Repression

Repression is the main thing in the defense mechanism. Every defense mechanism at least had repression. Id threats ego and defense itself with this mechanism towards id impulses. In several cases, it lasts long by lifetime (Schultz & Schultz, 2017). Jakop applies repression to reduce anxiety. He did it because someone recognized him, which made Jakop worried, and the way to reduce that anxiety was to avoid the source of that anxiety.

In the story, Jakop is attending the funeral of someone he knows from the newspaper. He wanted to attend the funeral peacefully, but anyone who knew about him was worried at once. The following statement shows:

Beforehand, I had a strong urge to hide, feeling that classic desire for 'the ground to swallow me', but in practice, I couldn't see any way out other than to stay standing there (p. 44).

From the quote above, Jakop is worried because there are people who know him. That anxiety prompted Jakop to apply repression to reduce that anxiety. By applying repression, Jakop was able to stay calm and was able to control himself make's he didn't panic.

Another one shows that Jakop repressed her feelings when he said about her relationship with her parents. The following statement indicates.

But I never visit Al and there's just one reason for that: it's where I grew up, where I spent my early years living either with a father and a mother, or just with a mother who at irregular intervals received visits from the child's father (p. 96).

From the quote above, Jakop shows why he never visited his hometown after leaving the village. Addressed from the sentence "*..just one reason for that: it's where I grew up, where I spent my early years living either with a father and a mother*". Jakop suppresses his anxiety by not visiting the village where he was born.

This shows that there is something Jakop is hiding to suppress his anxiety over the memory of his village that makes his feelings hurt. Jakop uses repression to block feelings of anxiety and limit what is painful for the mind.

Not only his village make Jakop reluctant to return there, but many children his age bullied him because of his habit of talking to dolls.

I might be standing in the schoolyard, talking to a girl from Nes, and suddenly she'd be holding me to account for the wart on Father's nose. I hadn't seen th101 man for more than ten years. And still this wart of his kept catching up with me! Another time, in conversation with a girl I found incredibly pretty, I was con-fronted with the fact that I played with puppets (p. 102).

The quotation above shows that many of Jakop's factors use this repression defense mechanism. One of them is to block painful memories so that he can avoid anxiety. It is shown from the sentence *I was confronted with the fact that I played with puppets*. He was caught playing and talking with other people's dolls, a feeling of pain that

became anxiety, prompting Jakop to avoid talking to dolls in public. This was one of the reasons why Jakop was reluctant to return to the village where he was born.

After leaving his village, he is looking for something that he did not get in his childhood, namely the love of his family. It was intended from his story that he really loves the association called the family.

Since I came to Oslo and was able to start from scratch. I've felt an irresistible attraction to large, unified families, the desire to belong to that kind of extended community. I doubt I'm any fonder of people than the next man, but life has made me incredibly fond of families (P. 112).

It became a habit for me to go funerals. I was crazy about family life because any kind of family connection other than the kind I stole was out of my reach (p. 113).

From the quote above, Jakop looks very enthusiastic when he talks about his family. This was because he felt warmth among people who loved him; when he was small, he couldn't feel it, but now he can feel it.

Jakop uses this representation to cover up his past of not having a family. With repression, Jakop suppressed his worries about his family by visiting every person's funeral and mingling with relatives who died. By using a defense mechanism, namely repression, Jakop can overcome the anxiety that is in him.

5. Reaction formation

People who show the opposite feeling can be called a reaction formation. Jakop is often in a situation that requires him to act otherwise. In reaction formation, we defend ourselves against a disturbing impulse by actively expressing the opposite impulse (Schultz & Schultz, 2017). Jakop uses this defense mechanism on almost everyone. One of them was when a younger person was belittling him, Jakop didn't lose control to get angry or hit that person but he preferred to stay silent. Reaction formation is intended from the sentence:

I disliked being in the role of middle-aged schoolteacher put on the spot by a young academic. Matters weren't improved by the fact that I found her to be a worthy interlocutor - quite the opposite. But I didn't let the mask drop (p. 22).

Jakop dislikes arrogant and disrespectful attitudes towards parents, as shown in the sentence, "*I disliked being in the role of middle-aged schoolteacher put on the spot by a young academic*". He hates being belittled but stays calm and doesn't lose control of his temper. On the contrary, he kept quiet and looked around because he was supposed to be authoritative.

It shows that Jakop uses the defense reaction formation mechanism to calm his angry mind but requires him to be silent because of social demands. Reaction formation plays an important role in suppressing Jakop's emotions, so he doesn't get out of control and become a bad person in society.

Not only that, he also used the Reaction Formation when he returned from his team's funeral ceremony. He saw a dark person at the previous eater, following him from the cemetery to the tavern. Jakop uses this defense mechanism to avoid negative thoughts from these dark people.

While still in the chapel I caught sight of the tall, dark man who had also been at Erik Lundin's funeral.

I don't think he noticed me until we were gathered at Bakkekroen. But even there the turnout was so large I managed to avoid him. The thought of having to look him in the eye - after which the only proper thing to do would be to acknowledge him somehow - felt so appalling that I was careful to seek out the opposite end of the venue to him as soon as we were inside the distinctive functionalist restaurant (p. 82).

In the quote above, it can be seen from the sentence. *The thought of having to look him in the eye - after which the only proper thing to do would be to acknowledge him.* It can be seen that Jakop is aware not to be indifferent to this suspicious person. This shows that the defense mechanism used by Jakop was successful even though there was still a bit of anxiety in his mind.

The defense mechanism shown by Jakop above shows the role of reaction formation as a barrier for the Id so that the Ego is not hurt. Jakop consciously despised the dark man, but with the reaction formation defense mechanism, he acted otherwise.

Apart from that, he visited another cemetery and met a young woman who happened to be frequently met by Jakop at funerals. At that

time, Jakop was shocked when he was at the funeral and the woman approached him to chat. While talking Jakop got carried away with emotion and in his mind was raging; he wanted to give him a little elbow.

I think I might have given her a little bow, or at least a little nod. But at the same time I felt that I mustn't let events get out of hand. I felt vulnerable. Because I was lonely (p. 51).

The sentence above shows that Jakop is in a state of forgetful emotion. With a reaction formation defense mechanism, Jakop with an emotional mind he responded calmly and patiently. On the other hand, the sentence above shows that Jakop was quite happy with the debate. Because he is always lonely and his only friend, Pelle, who always accompanies him to chat.

Emphasis on emotions so as not to cause actions that cause anxiety was successfully carried out by Jakop using this defense mechanism. The reaction formation succeeded in making Jakop suppress his emotions and keep him away from the source of his anxiety.

6. Displacement

As the name suggests, this type is moving anger or anxiety to not the main source. Displacement If an object that satisfies an id impulse is not available, the person may shift the impulse to another object. This is known as displacement (Schultz & Schultz, 2017).

In this case, Jakop transferred his emotions to inanimate objects so that his sadness could be channeled. It was clear that the main issue was the agreement between him and his wife to use the car on the weekends.

We had no children, and after I'd moved out, our only real point of conflict was the old Corolla - a last remnant of co-ownership with painful associations to the days when we both sat in the car (p. 36)

The sentence above shows the transfer of his emotions to the car, to protect him from anxiety. This defense mechanism shows Jakop channeling his emotions to other objects. He didn't dare to overcome his anger towards the immediate subject which was his wife. Because there will be unforeseen consequences which will become anxiety at the end.

The transfer was based on an ego that didn't want to be hurt, without realizing it, Jakop transferred his anger to the car to avoid anxiety.

Not only that, in his daily life Jakop often uses transfers so he doesn't worry. This is shown in the story below:

It's become acutely troublesome on occasion over the last few years when I have to go to work the next day: I'm supposed to be well rested for my classes. But not Pelle. He'll just be at home having a good time (p. 93).

From the quotation above, it can be seen that Jakop often transfers his anxiety to inanimate objects. Here Pelle is a doll (inanimate

object) that is considered real by Jakop which he often uses as an object to make him feel angry.

Often Jakop uses this defense mechanism because of anxiety about being alone, which causes Jakop to unconsciously move his negative thoughts to other objects to reduce his stress about being alone.

7. Rationalization

This type is almost the same as the defense mechanism of Denial, what makes it different is that someone rationalizes the problem and is approved by himself. We excuse or justify a threatening thought or action by persuading ourselves that there is a rational explanation for it (Schultz & Schultz, 2017).

Here Jakop has fears about his wife hating her doll friend Pelle. He put the doll in the cupboard to escape his anxiety for his wife who hated Pelle. Shown by the evidence below:

But if she really couldn't stand to see me with Pelle, and couldn't even tolerate the fact that we sat together in the living room and talked when she was out, it should have been up to her to move out. I said as much. But in the end, I was the one who ended up packing my things (p. 37).

From the quote above, it can be seen that Jakop was worried when his wife found out he was talking to Pelle. Jakop dared to speak

to Pelle when his wife was out because if Jakop endured talking to Pelle, then he didn't know what would happen later.

Rational Jakop seen in the sentence, *it should have been up to her to move out. I said as much. But in the end, I was the one who ended up packing my things.* In this sentence, it can be seen that Jakop wanted to kick his wife out, but he was the one who kicked his wife.

Shows that this defense mechanism is Jakop's selfishness who only wants to talk to his friend. Without thinking about his wife's hateful views, Jakop hooked up with Pelle. This is what makes Jakop use a rationalization-type defense mechanism.

Jakop's rationalization did not stop there. He used this defense mechanism when he almost got caught telling a lie. He panicked when the person he lied to found out that Jakop's story was just a lying.

But I half stood, turned towards you, and said: "You'll have to excuse me. I must have come to the wrong funeral..." (p. 86).

From the quotation above, it can be seen that Jakop uses a rational defense mechanism. Panic-stricken Jakop was looking for an excuse to leave the funeral, arguing that he had the wrong funeral. He used that reason to dampen the panic in his mind to be free from anxiety. Jakop uses very inappropriate excuses to escape situations that can cause anxiety, because his lies can already be smelled from the story he made about the deceased.

Jakop uses this defense mechanism again because his brain is already messed up. He rationalized the excuse again by saying that the person who was with the deceased was still in good health.

My mind was completely blank, so painfully drained that I said: "I think perhaps my Grethe Cecilie is alive and kicking" (p. 86).

Jakop, who is already panicking, makes ridiculous excuses, because the effects of panic are making his mind anxious. To quell that anxiety, he made excuses that he thought were rational. To protect his ego from anxiety he thinks that maybe his friend with the same name is still healthy.

Another evidence that Jakop uses this defense mechanism is when talking to Pelle. He was angry because Pelle always used his voice, Pelle did not use his own voice, and it affected Jakop's throat, which was starting to hurt. As shown by the text below:

I spoke with my own voice, and Pelle replied in a slightly deeper voice than mine his own voice through and through, even though he depended on my vocal chords to articulate the words. Sometimes, when he kept going on and on. I got irritated with him. I was the one who got a sore throat, not him. Cloth puppets don't get sore throats (p. 92).

The quote above shows that Jakop was angry with Pelle because of his sore throat. He uses this defense mechanism to avoid causing pain to his ego. He rationalized that the doll could use his voice, and that was an excuse to justify his sore throat.

As seen in the sentence "*Cloth puppets don't get sore throats*". He confirmed that it was Pelle who gave him a sore throat. To protect his ego from threats that could cause pain, he uses a rationalization type defense mechanism to prevent anxiety from forming in his mind.

8. Isolation

This type of isolation defense mechanism is to limit thoughts by avoiding situations that will make other feelings and thoughts worse. Isolation involves creating a mental gap or barrier between some threatening cognition and other thoughts and feelings (Baumeister, Dale, and Sommer, 1998).

This defense mechanism makes the wearer avoid topics or situations that make him uncomfortable. Jakop uses this defense mechanism to escape the bad thoughts that lead to him. When he spoke Old Norwegian among people at the funeral, he isolated himself from the thought that he was the only person with an intellectual mind. But he was wrong when no one understood what he was talking about. This can be seen from the text evidence below:

This had already taken a turn towards academic particularities that I hadn't anticipated. Beforehand, I had rather expected I would be the only source of information on this topic at the table. Where I had got that idea from, I wasn't sure. But it was too late to retrace my steps (p. 20).

From the quote above, it can be seen that Jakop uses an isolation type defense mechanism that keeps him from bad thoughts. He looked around and thought he was mistaken for assuming he was only learning about ancient Norwegian. Then Jakop wanted to stop discussing language and thought of other topics of conversation.

Not only that, Jakop's isolation when there was a discussion about women to him. He avoids bringing up bitter memories of his former wife by not bringing it up or changing the subject.

*I think he felt uncomfortable, as he sighed deeply:
'How are things with the ladies these days? It's been a long time, hasn't it? Though once, of course, you were actually a married man!'
I just shrugged. Was that something we needed to talk about now? It felt so unmusical (p. 33).*

From the quote above, it can be seen that Pelle is asking him about women, but Jakop ignores it to protect himself from the topic that makes him nervous. As seen in the *I just shrugged. "Was that something we needed to talk about now" It felt so unmusical.* This suggests an isolation-type defense mechanism Jakop uses to protect him from anxiety.

Next evidence shows he uses isolation, when he is with Ylva and shows these types.

But why? To humiliate me? Was it a way of making apparent the fact that I belonged to a completely different generation, that I was a

remnant from another time? But I just nodded and said goodbye (p. 50).

He felt he was being pressured by Ylva's gesture that was cornering him. He sensed it was not good for his mind, so he nodded and left immediately.

Shown in the sentence *But I just nodded and said goodbye*. He used Isolation to limit the bad thoughts he would receive. Jakop uses this defense mechanism to avoid bad thoughts and feelings by nodding and walking away.

The final proof that Jakop uses an isolation-type defense mechanism is when he is caught lying about his perfect story.

I looked out across the hall, now so much was over. I'd begun to think about my exit. I was exhausted. I've been more or less exhausted ever since Mother died. I feel about ready for a cold glass of something in town (p. 86).

Attacked by all kinds of panic attacks, she uses isolation defense mechanisms to limit the panic she is currently experiencing. Isolation made Jakop want to change things and think about leaving there.

To reduce the feeling of panic, Jakop immediately left the place and thought of having a drink at a bar in town. It can be seen from the sentence *"I felt about ready for a cold glass of something in town"*. He used that thought to lessen the sense of panic he was currently experiencing.

CHAPTER V

CONCLUSION AND SUGGESTION

This section contains conclusions and suggestions from the thesis. In this chapter, the researcher clearly concludes the analysis and findings, based on Joestin Gaarder's novel *An Unreliable Man*. In addition, the researcher advises other researchers to use this thesis as a reference for other theses or articles, including similar topics or novels.

A. Conclusion

Based on the background and determined research question, a unified theory for analyzing these characters is Sigmund Freud with the idea of Defense Mechanism. In the results of this study, the author found several defense mechanisms proposed by Sigmund Freud (1894) to the main character named Jakop. In this discussion, the researcher explains what types Defense Mechanisms are used by Jakop. The researcher found eight defense mechanisms used by the main character in the novel. The first self-defense type seen is Denial, Jakop denial was most evident when he came to a funeral of a stranger. He believes that the person he is visiting is his close friend, and also feels sad because of the loss of his closest friend. From the evidence above, it is clear that Denial is in Jakop character.

The second defense mechanism in Jakop is Projection; self-projection in the rough sense is blaming others because of their ego or desires. This type

of self-defense in Jakop is often seen when he feels that a threat can make him feel uncomfortable. The next defense mechanism found in Jakop is identification. This type appears in Jakop's character when he joins a group of strange people named hippy. Obviously, this type of identification is seen when Jakop changes his name to the name of his fantasy friend Pelle. Next is Repression, the repression shown by Jakop, in this case he suppressed his anxiety in a way to avoid something that made him feel bad. In fact, he never came to his village again because he had bad memories of the people there. Other defense mechanism is Reaction Formation, makes Jakop always hide his true emotions from others.

Next is Displacement, Jakop uses this type because he doesn't dare to face the source of his anxiety. So, this defense mechanism is used by Jakop when he wants to avoid conflict by blaming other things. Other defense mechanism used by Jakop is Rationalization. Jakop uses this type because of his many lies or lies which he twists as facts. He uses repression to suppress his feelings of panic so that the problems he faces are immediately resolved without responsibility. And the last defense mechanism used by Jakop in his life is isolation. Jakop uses isolation because there is a lot of pressure on him mentally to feel insecure or anxious.

B. Suggestion

From this thesis, the researcher hopes that the reader will know what types of defense mechanisms exist in each person. consciously or unconsciously everyone must have used the defense mechanism in their life. for that, hopefully the reader is more concerned about mental and psychological. In addition, this thesis cannot be called perfect research. For this reason, other researchers can fill in the gaps in this research. They can also use this as a reference for their studies or thesis. Also, other researchers may conduct research on the topic of the same defense mechanisms. They can also do other research using the novel as an object with other topics related to it.

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CURRICULUM VITAE



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