

**THE MAIN CHARACTER'S ANXIETY AND DEFENSE
MECHANISM IN MATT HAIG'S *THE MIDNIGHT LIBRARY***

THESIS

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DEPARTMENT OF ENGLISH LITERATURE

FACULTY OF HUMANITIES

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THESIS

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2023

STATEMENT OF AUTHORSHIP

I state that the thesis entitled “The Main Character's Anxiety and Defense Mechanism In Matt Haig's The Midnight Library” is my original work. I do not include any materials previously written or published by another person except those cited as references and registered in the bibliography. As a result, if there is any objection or claim, I am the only person responsible for that.

Malang, April 14th, 2023

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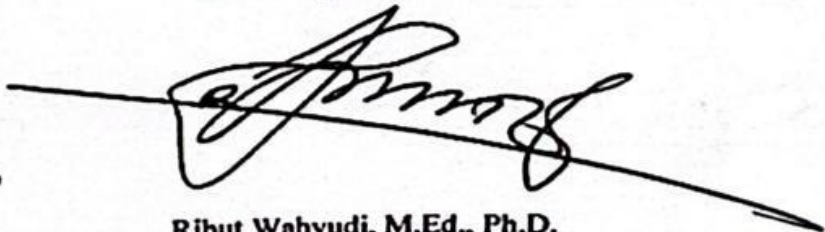
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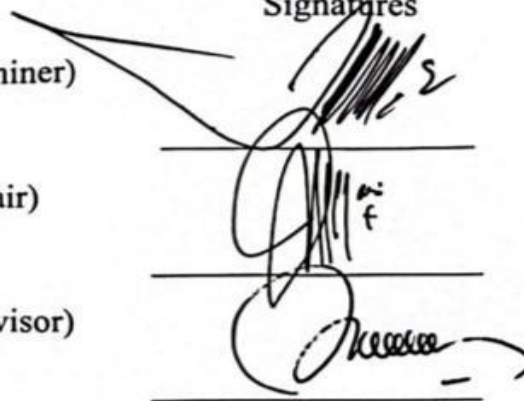
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لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا

“Allah tidak membebani seseorang dengan kesanggupannya”

(Q.S Al-Baqarah : 286)

DEDICATION

This thesis is dedicated to four people in my life: me (Salsabilla), My beloved mother (Siti Mukholifah), My beloved father (Ahmad Mubarokah), and My beloved sister (Arsyila Syifa Aulia). The entire universe helps me a lot in my journey, but four of them are the highlights.

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5. For myself, thank you for always staying healthy and struggling in keeping your study and work. Therefore, I am happy and welcome any feedback, criticism, and suggestions. Hopefully, this thesis provides new insight for future researchers.

Malang, April 11th, 2023

ABSTRACT

Salsabilla (2023). *The Main Character's Anxiety and Defense Mechanism In Matt Haig's The Midnight Library*. Minor Thesis (Skripsi) Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Dr. Hj. Istiadah, MA.

Key Words : Novel, The Main Character, Anxiety, Defense Mechanism

In life every human being must have a problem that is being faced. This problem ultimately causes mental health problems, namely anxiety. In this case, the researcher is interested in analyzing the topic of anxiety that occurs in the main character Nora Seed in Matt Haig's novel *The Midnight Library* as an object of analysis. The main character in this novel is named Nora Seed. She pointed out the anxiety problem that she faced. Apart from that, she also tries to deal with the anxiety problem by taking some actions. Therefore, this study aims 1) to describe the kinds of anxiety such as Realistic, Neurotic, and Moral which are carried out by the main character in the novel *The Midnight Library* by Matt Haig based on Sigmund Freud's psychoanalytic theory and 2) to describe the causes of anxiety by the main character in Matt Haig's *The Midnight Library* 3) to describe the types of defense mechanisms used by the main character to reduce her anxiety in Matt Haig's *The Midnight Library* by using Anna Freud's defense mechanism theory. This study uses Sigmund Freud's and Anna Freud's theory of anxiety and defense mechanisms because they are considered the most appropriate for analyzing the psychology of the main character of Anna Freud. The researcher proves anxiety in *The Midnight Library* based on psychological aspects. In this case, Nora Seed has problems with her environment which causes her to have problems with her mental health, namely anxiety. However, the main character has self-defense to overcome the anxiety she experiences. As the results, the researcher finds three kinds of anxiety experienced by Nora Seed, namely realistic anxiety, neurotic anxiety, and moral anxiety. This classification is grouped based on the causes and fears of the main character. Then the researcher found that the causes of anxiety felt by Nora Seed included conflict, frustration, and the environment. Lastly, researcher also finds the defense mechanisms applied by Nora Seed are repression, reaction formation, projection, regression, rationalization, displacement, and sublimation. In this case, defense mechanisms can help Nora Seed to reduce the anxiety she faced.

ABSTRAK

Salsabilla (2023). *The Main Character's Anxiety and Defense Mechanism In Matt Haig's The Midnight Library*. Skripsi Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Dr. Hj. Istiadah, MA.

Kata kunci : Novel, Karakter Utama, Kecemasan, Mekanisme Pertahanan.

Dalam kehidupan setiap manusia pasti mempunyai masalah yang sedang dihadapi. Masalah ini yang akhirnya menyebabkan terjadinya masalah pada kesehatan mental yaitu kecemasan. Dalam hal ini, peneliti tertarik untuk menganalisis topik kecemasan yang terjadi pada karakter utama Nora Seed pada Novel *The Midnight Library* Karya Matt Haig sebagai objek analisis. Tokoh utama pada novel ini bernama Nora Seed. Dia menunjukkan masalah kecemasan yang dia hadapi. Selain itu, ia juga mencoba untuk menangani masalah kecemasan tersebut dengan mengambil beberapa tindakan. Oleh karena itu, penelitian ini bertujuan 1) Mendeskripsikan bentuk kecemasan seperti Realistik, Neurotik dan Moral yang dilakukan oleh tokoh utama dalam novel *The Midnight Library* karya Matt Haig berdasarkan teori psikoanalisis Sigmund Freud dan 2) Mendeskripsikan penyebab kecemasan tokoh utama dalam *The Midnight Library* karya Matt Haig 3) Mendeskripsikan jenis mekanisme pertahanan yang digunakan oleh karakter utama untuk mengatasi kecemasannya di *The Midnight Library* karya Matt Haig dengan menggunakan teori Mekanisme pertahanan Anna Freud. Penelitian ini menggunakan teori kecemasan dan mekanisme pertahanan Sigmund Freud dan Anna Freud karena dianggap paling tepat untuk menganalisis psikologi pada karakter utama Anna Freud. Peneliti membuktikan kecemasan dalam *The Midnight Library* berdasarkan aspek psikologis. Dalam hal ini, Nora Seed memiliki masalah dengan lingkungannya yang menyebabkan dia mempunyai permasalahan pada kesehatan mentalnya yaitu kecemasan. Namun, tokoh utama mempunyai pertahanan diri untuk mengatasi kecemasan yang dialaminya. Hasilnya, peneliti menemukan tiga jenis kecemasan yang dialami oleh Nora Seed yaitu kecemasan realistik, kecemasan moral, dan kecemasan neurotik. Klasifikasi ini dikelompokkan berdasarkan penyebab dan ketakutan tokoh utama. Klasifikasi ini dikelompokkan berdasarkan penyebab dan ketakutan yang dialami oleh tokoh utama. Kemudian peneliti menemukan penyebab kecemasan yang dirasakan oleh Nora Seed antara lain adalah konflik, frustrasi dan lingkungan. Terakhir, peneliti juga menemukan mekanisme pertahanan yang diterapkan oleh Nora Seed adalah represi, formasi reaksi, proyeksi, regresi, rasionalisasi, perpindahan, dan sublimasi. Dalam hal ini, mekanisme pertahanan dapat membantu Nora Seed untuk mengurangi kecemasan yang dihadapinya.

مستخلص البحث

سلسبيلاً ٢٠٢٣. آلية القلق والدفاع للشخصية الرئيسية في مكتبة منتصف الليل لمات هيج. قسم الأدب الإنجليزي، كلية العلوم الإنسانية، جامعة الدولة الإسلامية مولانا مالك إبراهيم مالانج. المستشار: د. هجرية. إستيادة، م
الكلمات المفتاحية: الرواية، الشخصية الرئيسية، قلق التحليل النفسي لسبجيموند فرويد، آلية الدفاع

في الحياة يجب أن يواجه كل شخص مشكلة. تسبب هذه المشكلة في نهاية المطاف مشاكل الصحة العقلية، وهي القلق. في هذه الحالة، يهتم الباحث بتحليل موضوع القلق الذي يحدث في الشخصية الرئيسية نورا سيد في رواية مكتبة منتصف الليل لمات هيج كموضوع للتحليل. الشخصية الرئيسية في هذه الرواية هي نورا سيد. وأشار إلى مشكلة القلق التي يواجهها. بصرف النظر عن ذلك، يحاول أيضاً التعامل مع مشكلة القلق من خلال اتخاذ بعض الإجراءات. لذلك تهدف هذه الدراسة إلى (١) وصف أشكال القلق مثل الواقعية والعصبية والأخلاقية التي يؤديها الشخصية الرئيسية في رواية "مكتبة منتصف الليل" لمات هيج بناءً على نظرية التحليل النفسي لسبجيموند فرويد و

(٢) وصف أسباب قلق الشخصية الرئيسية في مكتبة منتصف الليل بقلم مات هيج (٣) يصف أنواع آليات الدفاع التي يستخدمها الشخصية الرئيسية للتغلب على قلقه في مكتبة منتصف الليل لمات هيج باستخدام نظرية آلية الدفاع لأنا فرويد. الشخصية الرئيسية أنا فرويد تثبت الباحثة أن القلق في مكتبة منتصف الليل يقوم على جوانب نفسية وفي هذه الحالة تواجه نورا سيد مشكلة مع بينتها مما يجعلها تعاني من مشاكل مع صحتها النفسية وهي القلق. الشخصية لديها دفاعات نفسها للتعامل مع قلقهم

نتيجة لذلك، وجد الباحثون ثلاثة أنواع من القلق التي تعاني منها نورا سيد، وهي القلق الواقعي والقلق الأخلاقي والقلق العصبي يتم تجميع هذا التصنيف بناءً على أسباب ومخاوف الشخصية الرئيسية. يتم تصنيف هذا التصنيف بناءً على الأسباب والمخاوف التي تعاني منها الشخصية الرئيسية. ثم وجد الباحثون أن أسباب القلق التي شعرت بها نورا سيد تشمل الصراع والإحباط والبيئة أخيراً، وجد الباحثون أيضاً أن آليات الدفاع التي تنفذها بذور نورا هي القمع، وتشكيل التفاعل، والإسقاط، والانحدار، والترشيد، والإزاحة، والتسامي. في هذه الحالة، يمكن أن تساعد آليات الدفاع نورا سيد على تقليل القلق الذي تواجهه،

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CHAPTER I

INTRODUCTION

This chapter contains several sections. The first part is the research background of the study. The second part is problems of the study. The third is significance of the study. The fourth is scope and limitation. The last part is definition of key terms carried out in this research.

A. Background of The Study

Anxiety disorders are one of the most common diseases in society and are a major treatment (Tiller, 2012). Then, anxiety disorders can happen to anyone and at any time. Therefore, it is very important to identify and treat these anxiety disorders. For handling and treatment should be well placed to identify and take a role in mental health treatment (Tiller, 2012). The diagnosis based on symptom reports by patients and doctor's assistance has several goals. For example, exploring data on reports of anxiety symptoms, evaluating the extent to which all anxiety disorders are reported, and how symptoms distinguish fear disorders from anxiety disorders. It is intended to conceptualize the terms "fear" and "anxiety." In addition, the symptoms of anxiety are when a person becomes very worried and this is a marker of general suffering. Therefore, the average factor in anxiety symptoms often occurs among adolescents and adults (Rachman, 1995). In addition, there are various symptoms of anxiety disorders with fear. It increased anxiety and fear which means cues by signaling a threat. In this case, the cue that signals the

presence of a threat is an increase in feelings of stress against the threat (Craske et al., 2009).

Moreover, this anxiety case is not only present in real life but also in a literary novel entitled *The Midnight Library*. The novel entitled *The Midnight Library* by Matt Haig is a literary work of fiction novel that is very well written and contains thoughts on a simple concept but is very interesting for the readers, it also covers so many different emotional experiences in life. In the synopsis of the novel *The Midnight library* by Matt Haig, there is a life story of the main character named Nora Seed. Nora Seed is the protagonist of the novel, where she is a woman in her thirties who is dissatisfied with her life. When Nora discovers *The Midnight Library*, it allows her to explore the various possible paths of her life. Nora Seed must make a decision, where she is faced with life-changing possibilities such as having a different career, not breaking up with an ex-boyfriend and realizing her dream as a glaciologist. Then she explores *The Midnight Library* to decide what really makes a life worth living.

Furthermore, this novel is very suitable for viewing anxiety because the main character Nora Seed has anxious behavior, where she feels guilty for making other people disappointed. Basically, the story is about “what ifs” in life, and spends a lot of time considering things like what success is, how our actions affect other people, or how the people around us shape our lives. In this case, the literary work raises anxiety as the domain. This novel is also a favorite novel that will make readers feel like they are entering a life that is lived like the story in the novel. Therefore, this novel mostly depicts mental illness in the main character Nora Seed explaining the

guilt that is directly related to the setting and plot. Looking at the depiction of the main character, Nora Seed, who has an independent nature by struggling to realize the life she wants, the researcher intends to analyze Nora Seed's anxiety by using psychoanalysis theory, especially Sigmund Freud's theory about the type of anxiety and how to overcome it. Sigmund Freud describes several types of anxiety, namely realistic anxiety, moral anxiety, and neurotic anxiety, which are found in the novel and are described according to the focus of the problem.

This is an excellent presentation of Matt Haig's work. Matt Haig is a contemporary British writer and journalist born in 1975. He is an author of various genres of literature. His literary genres are fiction and non-fiction for children and adults, and his books have been translated into more than 40 languages. Among adult books, the most successful was *The Midnight Library*. *The Midnight Library* presents a depiction of a teenager who has anxiety related to real life. In addition, the literary work tells about a library. Readers will also be greeted with a book from the first cover that explains that "life is infinite". This novel is a fictional novel with several depictions of anxiety, fear, and many twists and turns of life in the story. *The Midnight Library* novel won an award as Goodreads for fiction in 2020. In addition, the author provides a very broad picture of the world around him. We can also reflect on how sad and regretful the main character feels. Then, Matt Haig as a writer also wants to give a description of how the type of anxiety is felt and how to deal with that anxiety. According to Tiller (2012), anxiety is a mental illness that currently occurs in many teenagers who are still afraid to live their future lives.

Then, this novel has been researched but there is no research that discusses anxiety and defense mechanism. From ten previous studies, this researcher aims to identify and classify the types and ways of dealing with anxiety in Matt Haig's novel *The Midnight Library*. There have been several previous studies conducted using similar objects but with different theories. The first study is conducted by Muhammad Rehan and Gul E Zahra (2021) entitled *Philosophical Exploration of Existentialism and Absurdism in Matt Haig's The Midnight Library*. This research used the theory of Existentialism and Absurdism (Rehan et al., 2021). Second, this study was conducted by Ulfah Drifiliani Kusumaningrum (2021) entitled *The Depression of Nora Seed as Reflected in Matt Haig's The Midnight Library*. The research focuses on depression experienced by Nora Seed in Matt Haig's *The Midnight Library* (Kusumaningrum, 2021).

Third, this study was conducted by Inka Zahwa Sabrina (2022) entitled *Self-Efficacy Development of Nora Seed In The Midnight Library By Matt Haig*. This study focuses on showing a description of Nora Seed's behavior before and after her self-efficacy develops through the midnight library using a new criticism theory (Sabrina, 2022). Then, this study was conducted by Zevania Veda Sarasvati (2021) entitled *The Reflection of Guilty Feeling Through Nora Seed Character In "The Midnight Library" Novel By Matt Haig*. The research focuses on explaining feelings of guilt through the characterization of Nora, as well as its relationship to the setting and plot in the novel *The Midnight Library* by Matt Haig (Zevania Veda, 2021).

In addition, the next research uses a different object with the same theory. First, this study was conducted by Nofia Ulfa and Diyah Fitri Wulandari (2019) entitled *Analysis of Anxiety and Defense Mechanism on the Main Character Reflected in Alice's Adventures in Wonderland (1865) Novel by Lewis Carroll*. The research focuses on analyzing the anxiety of the main female character and its defense mechanism by Sigmund Freud (Nofia Ulfa, 2019). Second, this study was conducted by Ulfa Norma Asyifa, Henny Suharyati, and Ni Made Widisanti S (2019) entitled *The Main Character's Anxiety Disorder In The Novel Blue Skies By Catherine Anderson*. The research focuses on showing the type of anxiety (Asyifa et al., 2019). Third, this study was conducted by Dwi Fatmawati and Sugeng Purwanto (2020) entitled *Tris's Ego Defense Mechanism In Neil Burger's Divergent Movie Script 2014: Psychoanalysis*. The research focuses on the defense mechanisms that Tris uses to deal with anxiety in her life (Dwi Fatmawati, 2020).

Furthermore, this study was conducted by Brigitta Arsilia Wibiana (2018) entitled *Voldemort's Anxiety and Defense Mechanism In Rowling's Harry Potter and The Half-Blood Prince and Harry Potter and The Deathly Hallows: A Psychoanalysis Study*. This research focuses on identifying the types of anxiety experienced by Voldemort and defense mechanism (Wibiana, 2018). Then, this study was conducted by Ricky Ardiyansyah (2019) entitled *The Major Character Anxiety Reflected In Coetzee's Disgrace*. The research focuses on describing the anxiety experienced by David Lurie and defense mechanism (Ardiyansyah, 2019). Lastly, this study was conducted by Gusti Dilla Kharisma (2014) entitled *Anxiety of Amanda In Johanna Lindsey's A Man To Call My Own Novel (2003) A*

Psychoanalytical Approach. The research focuses on analyzing the main characters in *A Man to Call My Own* novel based on psychoanalysis approaches (Kharisma, 2014).

Therefore, the researcher wants to explore Matt Haig's novel entitled *The Midnight Library* by analyzing the anxiety experienced by the main character Nora Seed, where when she feels anxious and meets another life, namely at *The Midnight Library* by Matt Haig, shows the reader's perspective on self-awareness about how the main character can face and solve problems of anxiety she experiences. Then, it envisions Nora's journey to fully capture her dream potential. By actualizing the possibilities of her potential, Nora Seed was finally able to achieve the life she wanted. Therefore, this research uses another approach to anxiety with the title of this research *The Main Character's Anxiety and Defense Mechanism In Matt Haig's The Midnight Library*.

B. Problems of The Study

Based on the research background above, the researcher can formulate the research problems into three questions as follows:

1. What are the kinds of anxiety experienced by the main character in Matt Haig's *The Midnight Library*?
2. What are the causes of the main character's anxiety in Matt Haig's *The Midnight Library*?

3. What are the types of defense mechanisms used by the main character to reduce her anxiety in Matt Haig's *The Midnight Library*?

C. Significance of The Study

This research has two has two significances of the study; theoretically aspects and practically aspects. Theoretically, this research can provide a literary understanding that work can be a reflection of human life. In addition, this research is expected to contribute to the study of literature related to psychological analysis psychoanalysis especially anxiety. In addition, this research also aims to enlarge knowledge in the field of literary studies.

Practically, this research can be useful for readers and the researchers themselves in understanding the concept and types of anxiety by contributing to increase knowledge about the existence of anxiety that currently occurs a lot among adolescents and adults. By analyzing using a psychological approach, especially the anxiety that is reflected through the main characters in novels and literary studies. This research is also important for readers and the researchers themselves in understanding the concept and types of anxiety because it can be a reference for readers to conduct further research such as analyzing the reflection of anxiety through different objects other than novels for example in films, poetry, novels, and others.

D. Scope And Limitation

This study only focuses on analyzing anxiety, the causes of anxiety, and how the main character to reduce anxiety. The researcher analyzes the types of anxiety using the theories of Sigmund Freud and Anna Freud..

E. Definition of Key Terms

The researcher provides the key terms to help the readers understand and avoid misunderstanding one term to another term about the content of this study.

1. Anxiety

Sigmund Freud in Alwisol (2008: 22) suggests that anxiety is a function of the ego to give a warning to individuals about the possibility of a danger coming so that appropriate adaptive reaction can be prepared. Then, Freud in Corey (2009: 17) says that anxiety is a state of tension that motivates someone to do something because of a reaction to a threat.

2. Defense Mechanism

According to Freud in (Anshori, 2011) the human is driven towards tension reduction, to reduce feelings anxiety. Anxiety is an aversive inner state that people seek to avoid or escape. It arises out of a conflict among the id, the ego, and the superego. Humans seek to reduce anxiety through defense mechanisms. Without defense mechanisms, anxiety can be a threat to mental health. Defense mechanisms that are used unconsciously and within certain limits do not have a negative effect. However, defense mechanisms can easily become powerful and dangerous, so it takes a lot of mental effort to support the mechanics and real problems that need to be resolved.

CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter section presents the review of literature containing some general topics and specific things underlying theories to support the analysis. There are Psychology of Literature, Anxiety and Defense Mechanism.

A. Psychological Approach

Literary psychology identifies literary works as a reflection of the soul by observing psychological symptoms. According to Endraswara (2003), the author imaginatively projects their own experiences into literary texts. Psychoanalysis of literature is used to analyze the psychology of literary works. In this study, the researcher used the psychoanalytic theory developed by Sigmund Freud. According to Freud, psychoanalysis has no other purpose than to know and understand the concept of the subconscious in mental health (Freud, 2006). Freud (2002) states that mental processes are unconscious processes and that unconscious. Therefore, feelings and thoughts are often contradictory and cause conflict.

In addition, psychology is defined as the scientific study of behavior and mental processes. According to Aras (2015), psychology is only preparatory to the act of creation; and in the work itself. So, both psychology and literature are related to human behavior, thought, and expression in literary work. That means that the relationship between literature and psychology has a view of the psychology of literature while psychology helps readers to categorize some literary problems which will later provide a deeper understanding of literature.

Therefore, psychology is a meaningful scientific study of the mind and behavior. The word “psychology” comes from the Greek words “psyche,” meaning life, and “logos,” meaning explanation. The word psychology is very popular in everyday life. Some principles in psychology can also help solve crimes and many people have first hand knowledge of psychology by visiting psychologists. For example to do counseling and family therapist, religion, marriage, and therapy is done for people in distress. Some topics are also studied in psychology, such as alcohol and drug addiction, love problems, what makes people aggressive, and many others. Psychology also uses a variety of methods, including observation, questionnaires, interviews, and laboratory studies, to help them understand behavior (Wellek & Warren, 1898).

Moreover, psychology can be defined as the scientific study of behavior and mental processes. In this case, the theory that is still used in the study of psychology is psychoanalysis which was discovered by Sigmund Freud. Freud's theory expresses a subconscious concepts such as thoughts, attitudes, desires, motivations, and emotions that we are not aware of. Freud believed that childhood or adolescence has a driven desire to get out of consciousness and become part of the unconscious, where they continue to influence their thoughts, feelings, and actions. The subconscious mind is expressed in dreams as well as physical behavior. In particular, Freud combined the cognitive notions of consciousness, perception, and behavior. The basic assumption of the psychoanalysis perspective is that behavior originates from unconscious processes, meaning beliefs, fears, and desires that a

person is unaware of but that nonetheless influence behavior (Susan Nolen-Hoeksema et al., 2009).

Then, according to Kartikasari and Suprpto (2018), psychoanalysis is the branch of study to review literature that is still young. This means that psychology is part of human behavior and mental illness. It leads to psychoanalysis primarily investigating the meaning of literary works. In some cases, psychoanalysis attempts to help writers create optimal characters for stories that are as perfect as stories. In this case, literary works related to psychology succeed in presenting characters, feelings, and bringing the reader into the psychological side of human life. Psychological aspects can be seen from the side of the author, readers, or the literary work itself.

B. Freud's Basic Concept of Anxiety

Anxiety is a psychoanalytic theory of anxiety by Sigmund Freud. According to Sigmund Freud (1936), anxiety is a state of being effective, unpleasant, accompanied by physical sensations that warn the person of impending danger. On the other hand, Sigmund Freud has several theories of anxiety, where anxiety can be seen as an everyday phenomenon. Everyday anxiety is realistic anxiety that refers to real objects, this is often referred to as fear of anxiety. Then, neurotic anxiety takes the form of a panic attack. The resulting anxiety then acts to produce any symptoms that will later stop more anxiety from developing.

Moreover, Freud reversed the relationship to anxiety repression and viewed repression as the result of the experience of anxiety. In this theory, anxiety is a

signal from the ego about real or potential danger. The discomfort of a threat causes anxiety which in turn leads to repression as a way to get the person out of harm's way. Therefore, the psychoanalytic concept of anxiety is an important aspect of dealing with a threatening environment (Rachman, 1995). In addition, Sigmund Freud (1926: 7) saw humans as being driven towards reducing tension, to reducing feelings of anxiety. When some type of anxiety occurs, the mind responds in two ways: First, problem-solving efforts increase, and Second, defense mechanisms are triggered. Therefore, when anxiety becomes overwhelming, the human mind must defend itself. Moreover, Sigmund Freud (in Corey, 1996: 95) suggests that anxiety is a state of tension that forces someone to do something. Furthermore, anxiety disorders are the most common or frequent mental disorders. Anxiety disorders include a group of conditions manifested by mood disturbances, thinking, behavior, and physiological activities associated with restlessness, feeling tense or restless, tired easily, difficulty concentrating, or the mind going blank, stressed, and others (Adwas et al., 2019).

1. The Kinds of Anxiety

Then, Sigmund Freud (In Alwisol, 2009) stated that there are 3 kinds of anxiety, namely:

a) Realistic Anxiety

According to Freud (2002), realistic anxiety is anxiety that stems from the fear of threatening dangers in the real world. Then there are three types of realistic anxiety. This type can be called a feeling of fear. The fear is caused by external

factors, such as danger to the situation or condition. In addition, other factors are usually found in human nature. This state is created by the human experience itself. Therefore, both types of reactions are examples of realistic anxiety because the fear about something happening outside or inside is real. Furthermore, realistic anxiety is the fear of dangers emanating from the outside world. The danger here is defined as a situation in a person's environment that threatens to harm him. In this case, someone who feels threatened will tend to be afraid if they are close to certain objects or circumstances from the threatening environment. Furthermore, realistic anxiety can be experienced when there is something that threatens the existence of his life because someone is not able to handle it which then causes a person to feel stressed. Realistic anxiety can also be used by a person to know how to deal with danger. Realistic anxiety is also a trigger for the emergence of neurotic anxiety and moral anxiety (Rachman, 1995).

b) Neurotic Anxiety

Neurotic anxiety is anxiety related to negative escape mechanisms caused by feelings of guilt. If the mind cannot be controlled, it will cause people to do something that can be punished. This anxiety is based on childhood events. In childhood, a person sometimes experiences punishment to fulfill id needs impulsively. Someone who is punished tends to be more aggressive. This anxiety develops in the hope of satisfying certain id needs. Neurotic anxiety is caused by the fear of being punished for impulsive behavior that is controlled by the id. In this case, fear is not fear of instincts, but fear of what will happen when instincts are fulfilled. This type of fear stems from the id, such as the feeling one experiences

when one loses one's mind, nervousness, self-control, or behavior. Anxiety is also often referred to as the feeling of nervousness that a person experiences in certain situations. Therefore, this fear develops based on childhood experiences regarding punishment or threats from parents. When someone suffers from neurotic anxiety, then that person will feel afraid because of punishment from parents or other people who have the authority to satisfy their instinctive impulses (Cahyaningsih, 2015). Furthermore, according to Freud in (Suryabrata, 2001) neurotic anxiety arises because of a fear of punishment for exhibiting impulsive behavior that is dominated by the Id. In this case, fear will occur if the instinct is satisfied. This is the conflict that occurs between the Id and the Ego.

c) Moral Anxiety

Moral anxiety is a feeling of fear and worry that occurs due to feelings of guilt and sin when someone wants to do or is doing things that are contrary to the norms that exist in society. This anxiety is the result of the conflict between the Id and the Super Ego. Moral anxiety refers to the norms that exist in society. The sufferer thinks that doing something will violate the norms that have been applied. In the past, people have been punished for breaking the norm and if they do it again they are likely to be punished again (Kharisma, 2014). Then, according to Freud in (Suryabrata, 2001) moral anxiety is the result of a conflict between the Id and the superego. Basically, it is fear for one's own conscience. When individuals are motivated to express instinctual impulses that are contrary to the moral values referred to in the individual's superego, they will feel guilty. Furthermore, Freud said that the superego can give reasonable answers due to violations of moral rules.

2. The Causes of Anxiety

Anxiety disorders are often experienced by many people. Anxiety disorders can be characterized by the emergence of excessive feelings of anxiety when someone does an activity or work. Anxiety is one of the important things that need to be studied in discussing personality theory. In general, anxiety will arise when a person feels she is under pressure. According to Sarason and Sarason (1990), anxiety has been prominent in literature as a human emotional disorder and is one of the most common psychological stress reactions experienced by humans (in Zeidner, Moshe, 2008). Freud (1923) defined anxiety as a perceived, unpleasant state accompanied by physical sensations that warn a person of impending danger.

According to Freud (in Suryabrata, 1993), there are several causes for a person experiencing anxiety. Those are conflict, frustration, environment, threat, and age. It is an unfinished process of id, ego and superego which builds anxiety in the individual. In this case, anxiety can be felt by someone for a long time. This goes back to how a person can control his emotions toward himself. Several causes usually begin with a bad past event. Where this can trigger personal anxiety.

In addition, there are several factors that cause anxiety such as mental conditions. There are several factors that cause a person to experience anxiety such as environmental factors, because the environment can also build a person's personal mindset. Then, there are emotional feelings. With these emotional feelings, anxiety arises when a person tries to suppress emotional states to solve problems. The last cause is physical, where this physical will make someone

experience anxiety because that person cannot accept themselves. According to Freud (2006), anxiety results from conflicts between the id, ego, and superego. On the other hand, Freud (2002) stated that when a person experiences a dream it is also a cause of anxiety. This is because dreams can bring a person into a sense of worry and fear. In this case, several factors cause anxiety experienced by Nora Seed, namely conflict, frustration, environment, threat, and age.

a) Conflict

The first factor that causes anxiety is conflict. According to (Alwi, 2005: 587) there are two ideas of conflict that affect attitudes. The conflict has a close relationship with anxiety because conflict can give rise to this feeling of anxiety. It causes an ever-increasing sense of emotion that directly affects the state of mind. Therefore, conflict is part of anxiety.

b) Frustration

Frustration is the cause of anxiety. According to (Kartono, 2003) frustration is the condition of someone who feels depressed because of unfulfilled desires. In this case, frustration is a characteristic of personality disorders, where when a person feels failed and stressed (Jeronimus & Laceulle, 2016). Stress itself is caused by several reasons. For example angry, pessimistic, angry, and so on.

c) Environment

The next cause of anxiety is the environment. The environment affects a person because the environment can shape personality and attitudes. If a person lives in a good and supportive environment, it will also have a good influence on

building one's personality. And vice versa, if a person lives in a bad and unsupportive environment, the environment can cause anxiety and affect things that are bad or not good either. According to Savitri Ramaiah (2003: 11), the environment is closely related to the causes of anxiety because the environment can create bad experiences that make people feel anxious.

d) Threats

Threats are part of the causes of anxiety experienced by a person and are attitudes that can harm others. According to Clark and Beck (2010), anxiety is closely related to threats. In this case, threats are the greatest influence on anxiety because threats can cause a person to feel afraid and depressed. Besides that, there are two types of threats, namely internal and external. Internal threats are threats caused by the person's own mental condition while external threats are caused by outside.

e) Age

Age can be a cause of anxiety experienced by someone because age is a standard of experience that someone has. In this case, when someone who is old has a problem it is something that can be overcome. According to Myers (1983), anxiety is usually carried out by someone who is aged which then affects younger people. This happens because people who are old think that people who are younger do not have experience.

C. Anna Freud Types of Defense Mechanism

Sigmund Freud's concept of defense mechanisms in psychology has a description of how mental causes are painful and affect thoughts outside of consciousness (Cramer, 2000). Moreover, anxiety is a danger signal that represents that the ego is in a threatening situation. Therefore, it is necessary for the ego to use various types of defense mechanisms to reduce anxiety. Defense mechanisms have several types such as repression, denial, reaction formation, projection, regression, rationalization, displacement, and sublimation (Zhang, 2020).

In addition, Anna Freud introduced the concept of anxiety by stating that anxiety is felt as an increase in the body, mental, and signal tension. Therefore, this method allows a person to take self-defense measures regarding perceived danger. Both Freud studied defense mechanisms, but Anna spent more time researching the five main mechanisms: repression, regression, projection, reaction formation, and sublimation. All defense mechanisms are responses to anxiety and how the conscious and unconscious manage social situations (Anna Freud, 1936).

1. Repression

The repression mechanism was initially proposed by Freud, who often entered the realm of psychoanalytic theory. Repression occurs as an effort to avoid feelings of anxiety so that individuals are not aware of the impulses that cause anxiety and do not remember emotional and traumatic experiences in the past. In addition, repression is an unconscious mechanism of the ego to avoid threatening

thoughts and become aware. In this case, the function of repression is to have painful feelings or thoughts out of consciousness (Hasan, 2018).

2. Denial

According to Freud in (Robert, 1999: 67) denial is a refusal to accept reality. This means that denial is also meant to act as if an event or painful thought did not happen and was not carried out.

3. Reaction Formation

According to Freud in (Hall, 1989: 78) reaction formation is a dangerous change of mind. In this case, the formation of a reaction is done when someone does something contrary to the thoughts and feelings themselves.

4. Projection

According to Anna Freud in (Purwo, 2022) projection is a secondary defense mechanism in which the id must compete with the superego. In addition, projection can make a person feel uncomfortable with other people or objects (Purwo, 2022).

5. Regression

According to Freud in (Robert, 1999: 65), regression is a return to an early developmental stage when confronted with unacceptable thoughts and impulses. In this case, regression is performed if a person acts out of control.

6. Rationalization

Rationalization is a defense mechanism proposed by Anna Freud that engages a fact to make an event or impulse less threatening. According to Anna Freud (1936), rationalization is a form of a defense mechanism by trying to find a plausible reason to explain the ego and the type of emotion a person has. This rationalization behavior will help individuals to justify their behavior while reducing anxiety in themselves. Moreover, the rationalization defense mechanism refers to the fact that when an individual does not get what he wants, the individual will then try his best to make his self-justification feel better.

7. Displacement

According to Anna Freud (1936), displacement is the transfer of impulses to a substitute, defenseless target. The target can be a person or an object. Displacement is a method of defense mechanism in which a person feels emotions from one side to another, due to the impulse of something threatening or dangerous. This is done by shifting things of discomfort and stresses away from them to targets that are less threatening or comfortable for the person. In addition, displacement is also a way to transfer feelings of dislike or hatred towards someone or something else.

8. Sublimation

According to Anna Freud (1936), sublimation is similar to displacement, but sublimation occurs when a person succeeds in transferring unacceptable emotions into acceptable behavior. Then, sublimation is a form of distraction with

the aim of replacing feelings of fear or anxiety with better feelings and thoughts. It is also a defense mechanism that allows a person to release unacceptable impulses by changing this behavior into a more acceptable form. In addition, Freud believed that sublimation is a sign of maturity that enable people to function normally in socially acceptable ways.

CHAPTER III

RESEARCH METHOD

This research method section describes the research design, data sources, data collection, and data analysis were discussed by the researcher.

A. Research Design

In this research, the researcher uses literary criticism. This method is used to describe objects, events, and phenomena to create the main character. The researcher intends to describe the behavior of the main character named Nora Seed by applying a psychological approach. It tries to analyze Nora Seed's conflict in dealing with anxiety. There are many psychological theories that can be used to analyze a novel. One of them is Sigmund Freud's psychoanalysis.

B. Data Source

In this research, the researcher analyzes data taken from a novel entitled *The Midnight Library* by Matt Haig. This novel was published on September 29th, 2020 by the publisher Canongate Books in the U.S.A and the novel contains 304 pages. This novel consists of relevant words, sentences, and phrases to answer the objectives of this research. Moreover, the authors use related studies such as theses, journals, books, and internet sources related to the theories of Sigmund Freud and Anna Freud to support the result and findings of the research.

C. Data Collection

In data collection, the researcher uses several steps to analyze this novel. First, the researcher will read the novel *The Midnight Library* by Matt Haig several times to find the characters in the novel. In the second step, the researcher noted the dialogs and highlight the narration text that reflects the issues that related with the research problem in the novel. In the last step, each data classified how to describe the kinds of anxiety, how to describe the causes of anxiety, and how to describe the types of defense mechanisms used by the main character to reduce her anxiety.

D. Data Analysis

In the step of data analysis, first, the researcher is grouping with the problems of the study. Second, the researcher analyze the valid data focusing on the basis of theory to find the problems of the study. Last, the researcher concludes from the data found and the analysis.

CHAPTER IV

FINDINGS AND DISCUSSIONS

This section of the chapter presents answers to research questions about the anxiety experienced by Sigmund Freud's main character Nora Seed which consists of three types, namely realistic anxiety, neurotic anxiety, and moral anxiety. Then the causes of anxiety felt by Nora Seed include conflict, frustration, and the environment. Then, how does the main character Nora Seed reduce her anxiety with a defense mechanism based on Anna Freud's theory.

A. The Kinds of Anxiety experienced by Nora Seed

The experience of anxiety experienced by the main character Nora Seed has three concepts by Sigmund Freud namely realistic anxiety, neurotic anxiety, and moral anxiety.

1. Realistic Anxiety

According to Alwisol (2014; 22), realistic anxiety is the fear of real danger that comes from the outside world. This anxiety makes a person think about how she or she can face and fight threats. This anxiety is the beginning of the emergence of neurotic anxiety and moral anxiety. Then, according to Suryabarata (2002), realistic anxiety is the cause of fear of something dangerous that threatens real life.

In this case, Nora Seed experiences realistic anxiety when she feels scared and confused about making choices in her life as evidenced by the citation below:

“Nora hated herself for silently correcting the ‘our’ to ‘my’. “I don’t think your problem was stage fright. Or wedding fright. I think your problem was life fright. This hurt. The words took the air out of her.” (p.15)

The evidence in the sentence above shows that Nora Seed experiences realistic anxiety. The word 'life fright' in the sentence 'life fright' shows fear. In this case, Nora Seed felt scared and confused about whether the choice to decide to become a glaciologist, marry with Dan, and have to decide to leave the band The Labyrinths was the right decision. Then, she also felt that she would disappoint everyone with the decision she was about to make. In the end, she felt that this was not because of problems with The Labyrinths Band or her marriage, but this was a problem with her because she was afraid of life.

The second realistic anxiety occurs when Nora is depressed because of the pain in herself and she feels all the regrets simultaneously when she stares at the open pages of the book in *The Midnight Library*. As proven in the words below:

“That was agony, I felt like I was about to be strangled. What is the point of this?” (p.38)

This statement suggests that Nora Seed was talking about her feelings. She felt the life she had just experienced was torturing her as evidenced by the words “That was agony”. In this case, she felt the weight of her guilt, her remorse and grief made her almost breathless. Therefore, it shows realistic anxiety because Nora Seed feels threatened by her environment. Based on the definition of anxiety, anxiety comes from a real threat in the environment in one's life. It is clear that Nora Seed feels the anxiety caused by the environment in *The Midnight Library's* life when she tries to stare at the pages of the book of regret which finally makes the burden of her guilt, regret, and sadness too strong.

The last realistic anxiety is also experienced by Nora Seed where Nora remembered from a different life when she had a panic attack before one of her first gigs as The Labyrinths at a pub in Bedford. This realistic anxiety was experienced by Nora Seed when she felt that she had anxiety as evidenced by the citation below:

"I don't think I can do this. I think I'm having a panic attack. I don't know if I can do this. I've gone blank. I have anxiety. I have no other type of thinking available." (p.109)

The evidence in the sentence above shows that Nora Seed experiences realistic anxiety. In this case, as described by Nora Seed who said "I have anxiety" shows that she admits that she has anxiety. In this case, Nora Seed remembers how she lived a different life by trying to think about music. In this life, Nora felt worried as a speaker in the hotel's vast conference room watched by nearly a thousand people. This anxiety is felt to thinking about another life which ultimately makes her too nervous about the speech and feels that she has anxiety by not having another style of thinking.

2. Neurotic Anxiety

Neurotic anxiety is defined as a feeling of fear about unknown or unforeseen danger. This neurotic anxiety results from a failure to examine the strength of the ego and superego in preventing instinctual objects. These feelings are in the ego, but their source is the Id. For example, during childhood, feelings of hostility are often followed by fear of punishment and this fear becomes common in subconscious neurotic anxiety (Feist, 2009). This is reflected in the case experienced by the main character Nora Seed where her anxiety becomes neurotic anxiety.

In this case, neurotic anxiety is an ego that is dependent on the id which will produce anxiety. This anxiety arises because of the ego's dependence on the id. According to (Corey, 2010: 17) neurotic anxiety is a frightening feeling about the id or instincts that cannot be controlled. According to Hall, neurotic anxiety has three types. First, is the type of person who thinks badly of the environment in which something bad happened. Second, a phobia is a widespread fear of an object. Third, the panic reaction is used as a function to direct excessive anxiety, because this is a request of the id and must ignore the ego and superego. Usually, someone who experiences anxiety will worry about something that is not real, or unknown, and they do not know what fear they feel.

Reflected by Nora's cases, Nora Seed experienced neurotic anxiety due to an intense fear of her death in *The Midnight Library*. This includes neurotic anxiety as evidenced by the citation below:

“What if I am dead? “Sorry?” “I mean, in another life. There must be other lives in which I died before today. Mrs Elm looked intrigued. Isn’t that what you wanted? Well, yes, but-” (p.69)

The evidence in the sentences above shows that Nora Seed experienced neurotic anxiety. Nora Seed felt anxious and panicked because the bookshelves around her began to move rapidly. She assumed that she would die in that life in *The Midnight Library*. Her anxiety became fear and instant doubt of his own death.

As explained by Freud (2006), neurotic anxiety is divided into three parts, one of which is about feeling nervous. In addition, according to Atkinson (1999), neurotic anxiety is a mental disorder experienced by an individual when that person is unable to deal with anxiety and conflict which results in disturbances in his

mental health. Therefore, neurotic anxiety occurs unconsciously. Neurotic anxiety can also occur when there is psychological support but it creates other subjective symptoms.

Nora Seed's psychological condition when she overthinks about her future reflects neurotic psychology. The inner conflict faced by Nora Seed brings her into complex anxiety. At first, Nora Seed felt confused about the different life she was living because she felt it was not real life and finally she felt anxious. Therefore, it is a situation that belongs to neurotic anxiety.

"Don't worry. Tissues are like lives. There always more.' Mrs Elm returned to her train of thought. "Doing one thing differently is often the same as doing everything differently. Actions can't be reversed within a lifetime, however much we try... But you are no longer within a lifetime. You have popped outside. This is your opportunity, Nora, to see how things could be." (p.32)

This expression represents the inner conflict felt by Nora Seed through the statement given by Mrs. Elm. This was proven when Nora Seed felt worried about the life she would lead. Nora Seed was worried about the life she had just experienced when Nora Seed was in *The Midnight Library* with the bookshelves moving. This describes her anxiety about the experience that ultimately leads to a possibly bad future. With the thought that something bad happened when Nora Seed entered another life. Anxiety is created by trauma and fear. People who experience anxiety will result in inner conflicts such as fear, feeling confused in making decisions, feeling hopeless, and others. On the other hand, according to Semi (2006), neurotic anxiety is a behavioral disorder caused by emotional tension such as frustration, conflict, repression, and feelings of insecurity. Therefore, the experience described by Nora Seed is related to this inner conflict which also causes

this anxiety to be included in neurotic anxiety. In this case, neurotic anxiety is psychological which is a condition when a person feels hopeless about a case, that person will relate to other cases. This anxiety also includes anxiety about the future where an individual will feel worried about what will happen in the future until stopped in the death.

The last neurotic anxiety is also experienced by Nora Seed where Nora Seed's psychological condition is when she feels depressed and this is part of neurotic anxiety. In this case, Nora felt anxious because she felt that the life she had just experienced was a very bad life. This life is the one where her old friend Izzy died and she is very sad. Nora thought that in real life Izzy did not die, but in this life, it was like a real thing for Nora Seed which finally made her feel sad and grieved. Therefore, it is a situation that belongs to neurotic anxiety. The neurotic anxiety experienced by Nora Seed is proven by the citation below:

“Why did I stay? Nora asked. Why didn't I just come home, after she died? Mrs Elm shrugged. You got stuck. You were grieving. You were depressed. You know what depression is like. Nora understood this. She thought of a study she had read about somewhere, about fish. Fish were more like humans than most people think. Fish get depression. They had done tests with zebrafish. They had a fish tank and they drew a horizontal line on the side of it, halfway down, in marker pen. Depressed fish stayed below the line. But give those same fish Prozac and they go above the line, to the top of their tanks, darting about like new. Fish get depressed when they have a lack of stimulation. A lack of everything. When they are just there, floating in a tank that resembles nothing at all.” (p.83)

The evidence in the sentence above shows that Nora Seed experienced neurotic anxiety because what Nora Seed was afraid of was an anxiety that she did not know or was not aware of. In this case, Nora Seed did not realize that she had depression after the life she had just experienced. This was described by Mrs. Elm when she told Nora seed “You were depressed. You know what depression is like.”

This is a life that does not match Nora Seed's expectations because in this life her old friend Izzy dies which makes her feel sad and grieving. Therefore, this is the moral anxiety experienced by Nora Seed when she had feelings of anxiety and depression that she was not aware of.

3. Moral Anxiety

Moral anxiety is a type of anxiety that is carried out by someone who violates social values. According to Feist (2008), moral anxiety can be caused by failure to behave consistently with what one considers morally. In this case, moral anxiety is a conflict between the ego and the superego. The ego is an aspect of personality related to reality where an individual will make a wish that should be fulfilled. On the other hand, the superego tries to make the ego act in an idealistic and moral way where the superego has a role in reminding one's mind about the moral values that people believe in, also about believing what is wrong and what is the right thing to do. On the other hand, moral anxiety is similar to neurotic anxiety, but there are several principles that differentiate it. For example, on how to control the ego, moral anxiety can be overcome rationally because it prioritizes the role of the superego. However, neurotic anxiety actually makes a person panic so that in the end a person cannot solve problems rationally or clearly.

There is a kind of moral anxiety in the case experienced by Nora Seed when she entered *The Midnight Library* and she looked for a way out. In this case, her inner conflict leads her to try to look okay by finding a way to get out of *The*

Midnight Library. Even this includes moral anxiety as evidenced by the citation below:

"This is abnormal,' she said to herself, to find comfort in the sound of her own voice. 'Definitely abnormal.'" (p.25)

The evidence above shows that Nora Seed felt confused looking for clues out at *The Midnight Library* at the end she tried to find solace by hearing her own voice saying "This is abnormal." In this case, Nora Seed experienced moral anxiety because her mind felt anxious and confused by the building which contained many books on the shelves. On the other hand, her rational thinking thought this was something abnormal because, in the end, she had to be forced to conclude she would never find a way out. Therefore, this is the moral anxiety experienced by Nora Seed when she was able to control her ego by assuming this was an abnormal thing when she just entered *The Midnight Library*.

As we know from the previous explanation, moral anxiety is almost similar to neurotic anxiety. According to Alwisol (2014: 22-23), an individual will remain rational because of the role of the superego in the conditions it is experiencing. Moreover, this moral anxiety can come from social experience, because moral anxiety is anxiety that is influenced by the social environment. According to Freud (in Schultz, 1986), the conflict between the ego and superego will result in moral anxiety. In this case, someone who experiences moral anxiety will use most of his superego. If the superego does well, then one can solve the problem rationally.

The following moral anxiety experienced by Nora Seed was when she felt anxious because she couldn't stop thinking how different the life she was currently

experiencing was from the version she imagined. The moral anxiety experienced by Nora Seed is proven by the citation below:

“What happened to Izzy? Nora realised she had just asked the question out loud. Jojo looked confused. Izzy? Your old friend Izzy? The words came so fast Nora could hardly absorb them. Jojo looked confused, as curls of smoke wisped across her face. You okay, Nora? She held out the joint. ‘Wanna toke? ‘No, I’m okay thanks.” (p.80)

The evidence in the sentence above shows that Nora Seed experienced moral anxiety because she was worried about what she was saying. This was the case that Nora experienced when she tried to ask Jojo something out loud. On the other hand, Nora Seed also thinks a lot about how different the life she is currently living from the version she imagined is because she imagines herself and Izzy on a boat near Byron Bay. In this case, her rational thinking led her to ask Jojo her old friend, Izzy. On the other hand, Jojo was confused by Nora's question about her long-dead friend Izzy. Therefore, to prevent this social problem Nora Seed tries to look okay by saying “No, I'm okay thanks.” In this life, Nora still does not believe that Izzy is dead and she opens her cell phone and searches for news about Izzy's death. Nora Seed's anxiety about her case is moral anxiety because it is related to social values.

Moral anxiety is further experienced by Nora Seed when she has fear of her conscience. This happens because of the conflict between Ego and Superego. It occurs when an individual fails to do what is considered good according to moral values. This moral anxiety occurs when Nora feels guilty for having annulled her marriage to Dan at that time. This includes moral anxiety as evidenced by the citation below:

“He didn't even seem bothered. To seem grateful in any way from for the universe he was in. The universe he had felt so guilty for not allowing it to happen. He reached for his phone, still with his laptop on the duvet. Nora watched him as scrolled.” (p.57)

The evidence in the sentence above shows that Nora Seed experienced moral anxiety because she was worried about the decision she had taken to end her marriage to Dan. This is evidenced in the statement “The universe she had felt so guilty for not allowing to happen.” This is also the moral anxiety experienced by Nora which is a symptom of guilt over the decision she made to leave Dan two days before their wedding which finally made Dan turn to alcohol. According to Freud (in Luban 186) that guilt is part of moral anxiety. This is the anxiety generated by the heart of an individual. According to Freud (in Luban 186), guilt is also part of moral anxiety where this anxiety is the result of a conflict between the Id and the superego. Basically, it is fear for one's conscience. When an individual has the desire to express instinctive impulses that are contrary to the moral values referred to in the individual's superego, that person will feel ashamed or guilty.

The next moral anxiety experienced by Nora Seed occurred when she had fear of her conscience. As is well known that this happens because of a conflict between the Ego and the Superego. In this case, Nora Seed felt guilty for Izzy's death. Nora thinks this is her fault for Izzy's death when she collides with a car when she wants to attend Nora's birthday party. The moral anxiety experienced by Nora Seed is proven by the citation below:

“I am totally devastated, Nora said. We travelled to Australia together only a month ago and Izzy had planned to stay here for as long as possible. She was such a force of life that it feels impossible to imagine the world without her in it. She was so excited about her new job. It is so unbearably sad and hard to comprehend. Oh my God, she whispered to herself, feeling faint. Oh, Izzy. She knew that Izzy wasn't dead in all her lives. Or even most of them. But in this

one it was real, and the grief Nora felt felt real too. The grief was familiar and terrifying and laced with guilt.” (p.82)

The evidence in the sentence above shows that Nora Seed experienced moral anxiety because she was really devastated by what happened to Izzy. In addition, Nora felt afraid and covered with guilt for the death of Izzy, who at that time died while driving the car to attend Nora's birthday party. Therefore, Nora experiences moral anxiety because of the conflict between the Id and the superego which eventually grows fear in Nora Seed's conscience.

B. The Cause of Anxiety Experienced by Nora Seed

The cause of anxiety is found in every person, including Nora Seed as the main character in *The Midnight Library*. The cause of anxiety experienced by Nora Seed is when she feels guilty for disappointing other people. However, she also wants to be happy despite the problem of living with her guilt. To get rid of the guilt and all the problems in her life, she lives another life doing what the people around her want her to do. When Nora finds *The Midnight Library*, it allows her to explore the many possibilities of her path in life. Everything that comes from her life problems becomes anxiety. Reflected by the problems faced by Nora Seed, anxiety arises due to invalid personality processes and is automatically caused by several factors. In this case, several factors cause anxiety experienced by Nora Seed, namely frustration, conflict, and the environment.

1. Frustration

The first cause of anxiety experienced by Nora Seed was Frustration. Frustration is a feeling that occurs due to not fulfilling a desire or experiencing

something bad which then causes sadness and disappointment. From that sadness and disappointment, it can cause anxiety. In the case experienced by Nora Seed, she felt anxious and wanted to run away from sadness and despair for her future. This includes frustration as evidenced by the citation below:

“Nora dear, it’s natural to worry about your future,’ said the librarian, Mrs Elm, her eyes twinkling. Of course, you’re going to be worried about the exams. But you could be anything you want to be, Nora. Think all that possibility.” (p.1)

The above evidence shows that Nora Seed is frustrated that Nora Seed is a female protagonist in her thirties who is dissatisfied with her life. Before she decided to die, she decided to solve her problem by doing whatever she could possibly do. This situation was described by Mrs. Elm the librarian who describes how anxious Nora Seed is experiencing when she feels anxious and wants to run away from sadness and despair about her future. In this case, the feeling of anxiety experienced by Nora Seed has the desire to live a better life in the future which ultimately causes her to experience frustration. Frustration is included as a factor in why anxiety occurs in someone. This is interpreted as a condition when a person feels hopeless because his desires do not match expectations. According to Sangadah (2008), frustration is an obstacle to one's behavior to obtain needs, involving needs based on impulse. That the inability to meet needs or achieve goals can trigger someone to be disappointed (Freud, 1920). Thus, disappointment arises from frustration. This is evidenced by the remarks given by Mrs. Elm “it’s natural to worry about your future.” This sentence suggests that Nora Seed feels anxiety about her future. In this case, Nora Seed felt frustrated.

The next cause of anxiety experienced by Nora Seed is her frustration with life at The Midnight Library. This happened when Mrs. Elm warned Nora about her existence in real life where she would die. This warning also made Nora frustrated, as evidenced by the citation below:

“The only danger,’ continued Mrs Elm, more ominously,’ is when you’re here. Between lives. If you lose the will to carry on, it will affect your root life - your original life. And that could lead to the destruction of this place. You’d be gone for ever. You’d be dead. And so would your access to all this. That’s what I want. I want to be dead. I would be dead because I want to be. That’s why I took the overdose. I want to die.” (p.39)

The evidence above shows that Nora Seed felt frustrated because she had just been trapped in a worse life. In addition, Mrs. Elm gives a warning to Nora that access to life in *The Midnight Library* will be destroyed which in the end Nora will die and herself will disappear forever. In this case, Nora Seed felt frustrated by saying that death was what she wanted. That is the reason why Nora Seed accidentally overdosed because she had a wish to die.

Another cause of Nora Seed's anxiety is her frustration with the problems in her life. This problem occurs when Nora almost gives up and chooses another life because she gets a life that is different from her expectations which ultimately makes her feel frustrated. This includes frustration as evidenced by the citation below:

“And Nora stared at the book she had been handed. Conifer green. Smooth-textured, again embossed with that broad and frustratingly meaningless title My Life.” (p.70)

The evidence above shows that Nora Seed felt frustrated because she did not want to see how she had decided to enter a bad life, a life she did not want. In this life, Nora has doubts because Nora is still worried about what she dies in *The*

Midnight Library if she tries to get into the book she is about to open. In addition, Nora Seed just stared at the book she had been handed because she was worried that the contents in this book were this life which would frustrate her again like her previous life. Therefore, this is an illustration of how Nora felt frustrated after staring at the book with the big title “My Life”, because she was afraid that the contents of the book were the same as the bad life she had entered before.

2. Conflict

Conflict is a discrepancy that results in conflicting behavior. In this case, Nora has some disagreement with her anxiety. This case occurred when Nora Seed had a psychological conflict that caused anxiety. This is evidenced in the citation below:

“I was having panic attacks. I’d have let everyone down in the end. I told the label to take you on without me. I agreed to write the songs. It wasn’t my fault I was engaged. I was with Dan. It was kind of a deal-breaker.” (p.14)

These words describe Nora Seed who is experiencing psychological conflict. This is proven when she has panic attacks and creates conflict. She was confused about the choice to remain engaged to Dan and had to break up if she continued to continue her contract with the band The Labyrinths. This indirectly attacks her mind which causes psychological conflict.

According to Freud (in Bartens. 2006: 12), the human physique can cause conflict against certain forces. In real life, conflicts can be caused by differences, betrayal, and others. Then, according to (Sayuti, 2000: 42-43) there are three types of conflict, namely psychological, social, and physical conflicts. First, psychological conflict it means related to mental and psychological conditions.

Second, social conflict, means conflict related to society. Third, physical conflicts, which means conflicts related to the physical, such as nature or the environment. In this case, the anxiety experienced by Nora Seed is anxiety about psychological conflict. The factor is fear, where this condition can occur when a person is afraid of something. In this case, described by Nora Seed is a psychological conflict when she is afraid. This conflict also occurred when Nora Seed said that she was having a panic attack and was afraid that if she continued with her contract she would break up with her fiance Dan.

3. Environment

Another cause that makes Nora Seed experience anxiety is the environment. In this case, there is a case where Nora has pain because she thinks she has disappointed other people and herself.

“When her mum died three months before the wedding Nora's grief was immense. Though she had suggested that the date should be put back, it somehow never was, and Nora's grief fused with depression and anxiety and the feeling that her life was out of her own control. The wedding seemed such a symptom of this chaotic feeling, that she felt tied to a train track, and the only way she could loosen the ropes and free herself was to pull out of the wedding. Though, in reality, staying in Bedford and being single, and letting Izzy down about their Australia plans, and starting work at String Theory, and getting a cat, had all felt like the opposite of freedom. And suddenly she was back feeling all this contrition, all that pain of letting people down and letting herself down, the pain she had tried to escape less than an hour.” (P.36)

The evidence above shows that the environment is the cause of the anxiety experienced by Nora Seed. This was felt because Nora felt depression and anxiety caused by the surrounding environment which made her feel chaotic. This is when her mother dies three months before Nora's wedding, cancels her wedding, letting Izzy down about their Australia plans, and regrets that eventually lead to depression and anxiety.

The causes from the environment were then experienced by Nora Seed. The environment here is meant by the influence of Nora Seed's environment in shaping her anxiety which was influenced by her The Labyrinths Band. This is evidenced in the citation below:

“Which hurt even more with hindsight, knowing how much - before the wedding - she'd tried to make his dream of a pub in the Oxfordshire countryside become her dream as well. Dan had always said his concern was for Nora: She'd been having panic attacks while she was in the band, especially when she got anywhere near a stage. But the concern had been at least a little manipulative, now she thought about it.” (p.55)

The evidence above shows that the environment causes Nora Seed's anxiety. This is a statement given by Dan to Nora that Dan is always worried about Nora when Nora has a panic attack while Nora is in The Labyrinths Band. Dan also said that Nora will always experience stage fright, which has an impact on Nora's mental health because she is always attacked by panic and anxiety. Indirectly, the environment in the band and when she was near a stage made Nora feel panic attacks and experience anxiety. Therefore, the environment is a place where comfort and safety must be created, but in Nora Seed's case, the environment is where all the problems start and the lack of self-confidence eventually makes Nora always have panic attacks.

The causes of anxiety caused by the environment were then experienced by Nora Seed. This was experienced by Nora Seed when she was worried about her parents, especially her father, which ultimately made Nora have to live the life where she is currently. Where in this life she tries to pursue a career to keep her father happy. Therefore, this is the influence of the environment that causes Nora to have anxiety. This is evidenced in the citation below:

"But she swam her mood changed. She thought of those years her gained and her mother had lost, and as she thought she became angrier and angrier at her father, which fuelled her to swim even faster. She had always imagined her parents were too proud to get divorced, so instead let their resentments fester inside, projecting them onto their children, and Nora in particular. And swimming had been her only ticket to approval. Here, in this life she was in now, she had pursued a career to keep him happy, while sacrificing her own relationships, her own love of music, her own dreams beyond anything that didn't involve a medal, her own life. And her father had paid this back by having an affair with this Nadia person and leaving her mother and he still got terse with her. After all that. Screw him. Or at least this version of him." (p.98)

The evidence above shows that the environment is the cause of anxiety experienced by Nora Seed, in which life Nora is increasingly angry at her father who left her mother and finally makes her swim faster. Nora also has anxiety because her parents are too prestigious to divorce, and in the end, the hatred is transferred to their children, especially Nora. This is the cause of the growth of anxiety, because Nora's environment, where this environment comes from her own parents, causes anxiety to arise. From these data, it can be concluded that the environmental conditions that changed Nora's life became unhappy, and eventually experienced anxiety.

C. Defense Mechanism In Matt Haig *The Midnight Library*

The Defense Mechanism experienced by Nora Seed in *The Midnight Library* is when a person tends to feel anxious when facing life's problems. It can be caused by trauma, bad experiences, environment, or even what is scary in itself can lead to anxiety. However, when someone experiences anxiety, they will try to solve it by solving the problem. This problem-solving process is referred to as a defense mechanism. Sigmund Freud's concept of defense mechanisms in psychology has a description of how mental causes are painful and affect thoughts outside of consciousness. It is also one's way of solving (Cramer, 2000).

A. Repression

Repression is a defense mechanism used by a person to suppress his own anxiety and is an encouragement to the instincts of pleasure. In addition, repression is part of a defense mechanism which is also carried out by Nora Seed where repression is a rejection of something that is uncomfortable. In the case that happened to Nora Seed, she had anxiety when she found out that the life she was experiencing, her father was not dead and was still alive. This is evidenced in the citation below:

“She could hardly speak. Or breathe. She didn’t know what to say. Everything felt unreal. It was like time travel. As though she has fallen through two decades. Just that. Casual, non-specific, everyday. It was him. His voice. His strong voice that had always been so clipped. But a little thinner, maybe, a little weaker. A voice fifteen years older than it was meant to be. FaceTime. To see his face. No. that would be too much. This was already too much. Just the idea that there was a version of her dad alive at a time after FaceTime was invented.” (p.95)

This statement shows that Nora Seed uses a repression strategy as a defense mechanism. This was proven when Nora wanted to disconnect to talk to her father. But Nora was too late to respond when she finally heard her father's voice again. In this life, Nora's father asks Nora to FaceTime but Nora Seed does not. The reason Nora did not want to do it was that Nora could not bear to see her father's face and for her, it would be too much. In this case, Nora Seed acted as a defense mechanism by avoiding her father's invitation to FaceTime.

She did this so that she would feel calm and reduce her anxiety. She felt anxious because she could not believe that in this life her father was still alive. With this defense mechanism, it is hoped that Nora's ego will be safer and she does not want her anxiety to arise. By avoiding her father's calls to FaceTime, Nora does not

have to deal with the anxiety that her father makes her feel sad, off balance, and anxious. Repression pushes unacceptable id impulses, from the subconscious and back to the conscious level. This is the basis of how all ego defense mechanisms work. In Freud (2006), repression occurs as an attempt to avoid feelings of anxiety. In addition, repression also drives unacceptable id impulses, from the subconscious and back to the conscious level. This is the basis of how all ego defense mechanisms work. By repression, Nora continues to talk to her father but not FaceTime, because this is too much for Nora. Every time he spoke, Nora always said it was okay with his father and this showed that everything was fine.

B. Reaction Formation

Reaction formation is a defense mechanism carried out by an individual where the person has the attitude to hide ideas or problems that threaten to do otherwise. In the case experienced by Nora Seed, she felt anxious and hesitated to give TED Talk material in the conference room and she wanted to reduce her anxiety as her ego said. She even had a panic attack because she was not sure if she could pull off this speech. However, what Nora does is the opposite where she defends herself to reduce her realistic anxiety, as shown in the citation below:

“You see, I know that you were expecting my TED talk on the path to success. But the truth is that success is a delusion. It's all a delusion. I mean, yes, there are things we can overcome. For instance, I am someone who gets stage fright and yet, here I am, on a stage. Look at me... on a stage! And someone told me recently, they told me that my problem isn't actually stage fright. My problem is life fright. And you know what? They're fucking right. Because life is frightening, and it is frightening for a reason, and the reason is that it doesn't matter which branch of a life we get to live, we are always the same rotten tree. I wanted to be many things in my life. All kinds of things. But if your life is rotten, it will be rotten no matter what you do. The damp rots the whole useless thing...Anyway, just be kind and...Just be kind. I have a feeling I am about to go, so I would just like to say I love my brother Joe. I love you, brother, and I love everyone in this room, and it was very nice to be her.” (p.113)

This statement shows that Nora Seed used reaction formation as a defense mechanism to move to another target. In the case of Nora Seed, who initially felt afraid to face people who were listening when Nora spoke in a TED Talk. In this case, Nora acts as a defense mechanism in the opposite way. At first, Nora was doubtful because she would never be able to do a good presentation, and this caused her to have panic attacks and experience anxiety. However, Nora still tries to face her fears by keeping presentations in a calm manner. Her ego was done to validate by giving a presentation about how the life she lives is what makes Nora feel safe and calm. Finally, Nora can express her thoughts through a presentation on TED Talk. Freud (2006) stated that the formation reaction is an attitude in which someone who feels threatened should be afraid but quite the opposite. In this case, Nora felt threatened by a thousand people in the conference room which ultimately made Nora feel worried, but in the end Nora did the opposite, namely she dared to try to stay calm during her presentation. Nora Seed's reaction formation was a form of defense mechanism where she was scared at first, getting panic attacks and stage fright. However, Nora did the opposite, she dared to face the people who were listening to the presentation in the conference room. This kind of defense mechanism aims to reduce anxiety caused by feeling threatened.

C. Projection

Projection is one of the defense mechanisms which is the transfer of anxiety from oneself to others. According to (Purwo, 2022) projection can make a person feel uncomfortable with other people or objects. In this case, Nora Seed subconsciously transferred her fears onto other people.

“You're right to think of these lives like a piano where you're playing tunes that aren't really you. You're forgetting who you are. In becoming everyone, you are becoming no one . You are forgetting your root life. You are forgetting what worked for you and what didn't. You are forgetting you regrets.” (p.218)

This statement suggests that Nora Seed uses projection as a defense mechanism. In this case, Nora Seed subconsciously transferred her fears as in the statement given by Mrs. Elm to Nora Seed “In becoming everyone, you are becoming no one.” Nora Seed's act was to hide from her worries by turning herself into everyone. This is the transition that Nora Seed made to escape her anxiety.

D. Regression

Nora Seed's defense mechanism is regression. According to Anna Freud (1936), regression is a person's behavior that returns to the early stages of development in her life. This means that an individual will feel sad if she hears something unpleasant and this can make a person have more childish behavior. In this case, the regression was carried out by Nora Seed when she returned to the initial stage of development where she felt that everything that happened in the life she was living would end. However, she wanted the last life she lived to be a real-life as shown in the citation below:

“And yet she sensed deep down that it would all come to an end, soon. She sensed that, for all the perfection here, there was something wrong amid the rightness. And the thing that was wrong couldn't be fixed because the flaw was the rightness itself. Everything was right, and yet she hadn't earned this. She had joined the movie halfway. She had taken the book from the library, but truthfully, she didn't own it. She was watching her life as if from behind a window. She was, she began to feel, a fraud. She wanted this to be her life. As in her real life. And it wasn't and she just wished she could forget that fact. She really did.” (p.248)

This statement shows that Nora Seed uses regression as a defense mechanism. In this case, Nora assumed everything that had happened would always

end badly by returning to *The Midnight Library*. However, Nora Seed returned to her early stages with a childish attitude. This is depicted when she feels she is a fraud because this is not her real life. She thought she was watching her life as if from behind a window. However, she had a wish that she wanted this perfect life she had last lived to become a real life. Hence, she did that to ease her anxiety, and she only wished she could forget that fact. In Freud (2006) regression is a defense mechanism when the individual returns to the early stages of his life. In addition, regression is usually associated with an individual's performance in a psychosexual stage of development. In this case, an individual will return to a time when they felt more secure in their life and it was manifested by their behavior, such as childish and dependent behavior. Nora has experience so far has finally made her realize that she can only hope that this is not real life and she only hopes that she can forget all the facts about it. Doing regression can have an impact on feeling more pleasant and free from the frustration and anxiety that are currently being faced.

Regression is a defense mechanism in which an individual regresses to a previous development and returns to the initial developmental stage. According to Robert (1999: 65), regression is a return to the initial developmental stage when dealing with unacceptable thoughts and impulses. This is done when a person avoids anxiety by being revived at an early stage because the person has difficulty progressing to the next stage of development. Regression is shown by Nora Seed saying that she does not want to go back to *The Midnight Library* and wants to return to the best life she wants. In this case, it is impossible to return to the life she wants because actually the old life she lived will end and maybe she will die.

“Why aren't I still there? Why aren't I there? I could sense it was happening but I didn't want it to. You said that if I found a life I wanted to live in - that I really wanted to live in - then I'd stay there. You said I'd forget about this stupid place. You said I could find the life I wanted. That was the life I wanted. That was the life!” (p.262)

This statement shows that Nora Seed uses regression as a defense mechanism. This is evidenced in the words “Why aren't I still there? Why aren't I there?”. It was clear that Nora Seed wanted to return to the proper and best life she had chosen because she knew it was the one for her.

E. Rationalization

Rationalization is one part of the defense mechanism happens when people try to define the reality as they want in order to protect themselves from the anxiety of seeing themselves as deficient. Therefore usually an individual sees themselves as having a deficiency. This is done so that the individual feels comfortable with the choices that have been made and this is also a protection from the anxiety that is experienced even though it is consciously incorrect.

“Well, you don't see yourself as a bad cat owner any more. You looked after him as well as he could have been looked after. He loved you as much as you loved him, and maybe he didn't want you to see him die. You see, cats know. They understand when their time is up. He want outside because he was going to die, and he knew it. Nora tried to take this in. Now she thought about it, there hadn't been any external signs of damage on her cat's body. She had just jumped to the same conclusion that Ash had jumped to. That a dead cat on the road was probably dead because of the road. And if a surgeon could think that, a mere layperson would think that too. Two plus two equals car accident.” (p.66)

This statement shows Nora Seed showing a form of rationalization in her defense mechanism to maintain her belief in protecting herself by seeing herself as a deficiency. In this case, Nora Seed rationalized that her cat Voltaire could survive if she did not make a mistake, so she felt that she was a bad cat owner. This is proven by the statement given by Mrs. Elm that Voltaire died not because of Nora's

fault as in the words “You see, cats know. They understand when their time is up. The cats wanted out because he was going to die, and he knew it.” Therefore, Nora Seed considered Voltaire dead because she could not take care of her cat. She also makes excuses to protect herself from anxiety by seeing herself as a flaw, as Nora continues to assume that Voltaire would have lived if she had not let her cat out on the street and been hit by a car.

F. Displacement

Displacement is part of a defense mechanism that is carried out by a person because of a feeling of emotion and anger from one side to another because of the urge for something threatening or dangerous. According to Ritsnaini Zulfaisya (2020) displacement is a way to divert feelings of dislike or hatred towards someone or something else. This is done by displacement of things that are uncomfortable to other targets. The displacement strategy was implemented when Nora Seed tried to save herself by shooting a polar bear's that wanted to eat her. Therefore, she had to protect herself by shooting at the bears that kept walking towards her.

“Eventually a survival impulse kicked in and Nora raised the signal pistol and fired it, and the flare shot out like a tiny comet and disappeared into the water, the glow fading along with her hope. The creature was still coming towards her. She fell to her knees and started clanging the ladle against the saucepan and shouted at the top of her lungs.” (p.131)

This statement shows that Nora Seed uses a displacement strategy in its defense mechanism to move to another target. In this case, Nora Seed had no other choice because she felt panicked in the end she woke up and Nora raised the signal pistol, and fired it at the bear that was still walking towards her. In addition, Nora Seed clanged the ladle against the saucepan and shouted at the top of her lungs to

be returned to *The Midnight Library*. Hence, it was a transfer because in order to overcome her anxiety, Nora Seed switched her to another object. She diverts her anxiety by shooting polar bears who want to eat her.

G. Sublimation

Sublimation is a part of the defense mechanism used to replace feelings of fear and anxiety with better feelings and thoughts. It is also a defense mechanism that can allow an individual to release unacceptable impulses by changing acceptable behavior. According to Feist (2008: 38), sublimation is a defense mechanism that is carried out to eliminate anxiety by changing the id into human behavior that is acceptable to society. Sublimation occurs in the defense mechanism carried out by Nora Seed. Sublimation occurs when Nora Seed tries to fight the feelings of confusion, worry, sadness, and disappointment after entering the life she has just left.

“Oh Nora, they are all your lives.” “What do I know?” “You open the book and turn to the first page.” Nora did so. “O-kay,” said Mrs Elm, with careful precision. “Now, read the first line.” (p.40)

This statement shows that Nora Seed uses sublimation as its defense mechanism. It is depicted that Nora Seed tried to open a book called “My Life” and turned it to the first page according to an order given by Mrs. Elm. In this case, Nora Seed tries to try another life that suits her.

Sublimation was also experienced by Nora Seed. According to Freud (Feist & Feist, 2017), sublimation is a self-defense mechanism that is acceptable to both the individual and the social group. In this case, sublimation is done by diverting negative impulses and replacing them with something or thoughts that are more

positive. This is proven by Nora's case where she began to imagine what it would be like to fully accept herself as evidenced in the citation below:

“Nora had always had a problem accepting herself. From as far back as she could remember, she'd had the sense that she wasn't enough. Her parents, who both had their own insecurities, had encouraged that idea. She imagined, now, what it would be like to accept herself completely. Every mistake she had ever made. Every mark on her body. Every dream she hadn't reached or pain she had felt. Every lust or longing she had suppressed. She imagined accepting it all. The way she accepted nature. The way she accepted a glacier or a puffin or the beach of a while. She imagined seeing herself as just another brilliant freak of nature. Just another sentient animal, trying their best. And in doing so, she imagined what it was like to be free.” (p. 143)

This statement shows that Nora Seed uses sublimation as a defense mechanism. It was evident that Nora Seed began to realize that all this time she had always found it difficult to accept herself and she always considered herself lacking. But at this point, Nora began to wonder what it would be like for her to accept herself. She also began to accept all the dreams she had not achieved and all the pain she had felt so far. Therefore, she imagined what it was like to be free.

Then, there is another sublimation experienced by Nora Seed. In this case, sublimation remains a process to replace one's desire to be socially accepted. Freud claims that this mechanism is harmless to anyone. In this life, Nora Seed has an understanding of something by imagining a better life that she will live because previously Nora had a realistic anxiety that happened in her life when she stared at the pages of a book of regrets that made her anxious and depressed. But on the contrary, with Mrs. Elm's assistance, Nora can take a lot of books to find the life that's right for her. This is proven by Nora's case where she began to understand something that she could think of something better as evidenced in the citation below:

“Nora came to understand something. You didn't have to enjoy every aspect of each life to keep having the option of experiencing them. You just had to never give up on the idea that there would be a life somewhere that could be enjoyed. Equally, enjoying a life didn't mean you stayed in that life. You only stayed in a life for ever if you couldn't imagine a better one, and yet, paradoxically, the more lives you tried the easier it became to think of something better, as the imagination broadened a bit more with every new life she sampled. So, in time, and with Mrs Elm's assistance, Nora took lots of books from the shelves, and ended up having a taste of lots of different lives in her search for the right one. She learned that undoing regrets was really a way of making wishes come true. There was almost any life she was living in one universe, after all.” (p. 211)

This statement shows that Nora Seed uses sublimation as a defense mechanism. It is proven that Nora Seed previously experienced realistic anxiety where she felt anxious when she stared at the pages of the book of regret which ultimately made her feel depressed and guilty which happened when she was in *The Midnight Library*. However, Nora uses a defense mechanism to overcome her anxiety by understanding something, so that it is easier for her to think of something better. Then, with Mrs. Elm's assistance, Nora took lots of books from the shelves and ended up having a taste of lots of different lives in her for the right one. She also learned that undoing regrets was really a way of making wishes come true.

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter contains two sections that are described. The first is the conclusion of the problem statement in research and analysis based on data from *The Midnight Library* by Matt Haig. The second is a suggestion for further research.

A. Conclusion

After analyzing the data, it was finally concluded about the analysis of anxiety experienced by Nora Seed in Matt Haig's *The Midnight Library*. In this case, Nora experiences anxiety which is classified based on Sigmund Freud's realistic anxiety, neurotic anxiety, and moral anxiety. The first anxiety is the anxiety of realistic experienced by Nora Seed when she feels stressed, worried, and afraid for her life. This is what causes realistic anxiety to grow in Nora Seed's mind. In realistic anxiety, it has characteristics, for example, is the fear of life that ultimately makes itself stressed, shock, anxious, worried, and so on. The second anxiety is neurotic anxiety which is caused by herself when Nora thinks too much about her future, this is what makes her feel depressed. Her neurotic anxiety has several features such as; Cold sweat, heart pounding, hands shaking, and nervous.

Then the last anxiety is moral anxiety which results in a conflict that makes her feel guilty and blames herself for bringing her into moral anxiety. Moral anxiety has several characteristics such as restlessness, part of the body shaking, panic, and so on. Furthermore, there are several things that are caused by various external problems such as frustration, conflict, and the environment. From this unpleasant

feeling, there are defense mechanisms that are carried out to make her calm, such as repression, reaction formation, projection, regression, rationalization, displacement, and sublimation.

B. Suggestion

In this researcher suggests analyzing the anxiety and defense mechanisms of characters in other literary works by using the theories of Sigmund Freud and Anna Freud. Thus it is hoped that it can add to the understanding of the concept of anxiety and defense mechanisms that are carried out in human life and can be useful for readers in reducing their anxiety. The researcher also suggests readers to read this novel because this novel has an unexpected story that will teach them lessons to solve their problems, especially how to solve their problems. The researcher hopes that this research can help the readers to understand the novel. The researcher also hopes that this research will be useful for future research especially for the conflicts that arise in this novel.

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