SARA'S DEFENSE MECHANISMS IN *A LITTLE PRINCESS* BY FRANCES HODGSON BURNETT

THESIS

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THESIS

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I state that the thesis entitled **"Sara's Defense Mechanisms in *A Little Princess* by Frances Hodgson Burnett"** is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the bibliography. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

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MOTTO

اِنَّمَآ اَمْرُهٗٓ اِذَآ اَرَادَ شَيْـًٔا اَنْ يَّقُوْلَ لَهٗ كُنْ فَيَكُوْنُ ﴿يس : ٨٢﴾

(His command is only when He intends a thing that He says to it, “Be,” and it is)

(*Q.S. Yaasin*: 82)

“Pada akhirnya, ini semua hanyalah permulaan”

(Nadin Amizah-Bertaut)

DEDICATION

This thesis is proudly dedicated to:

My beloved mother, Atik Wuryaningsih, who always prays for me, accompanies me, gives advice, and supports whatever I do,

All of my family, who always support me,

Myself, Riska Putri Arifin, who has struggled and done the best to finish this thesis; you're so amazing,

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The researcher would also like to thank all the support that has been given. It is not easy to complete this thesis, but the researcher can finish it through support, assistance, and prayers. Thus, the researcher would like to deliver her gratitude to:

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Riska Putri Arifin

ABSTRACT

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Keywords: Defense, Mechanism, Defense Mechanism

Defense Mechanism plays an essential role in human life. In its function, Defense Mechanism helps individuals to resolve disturbing conflicts with the ego or mental. The novel *A Little Princess* by Frances Hodgson Burnett shows that Sara Crewe, the main character, uses Defense Mechanisms to deal with various problems that disturb her ego and mentality. This study aims to discuss the types and causes of the emergence of Defense Mechanisms used by Sara Crewe in *A Little Princess*. This research is included in literary criticism using a psychological approach and the theory of Self Defense Mechanisms by George E. Vaillant. The research data were taken from the first edition of the printed novel entitled *A Little Princess*, written by Frances Hodgson Burnett and published by the Floating Press in 2009. The research data were analyzed by identifying, classifying, interpreting, and making conclusions. This study found two results. First, Sara Crewe used three levels of defense mechanisms, level II (Fantasy and Projection), level III (Displacement, Reaction Formation, and Repression), and level IV (Altruism, Suppression, and Sublimation). Second, the cause of the emergence of Sara's defense mechanisms. At level II, Sara feels pressured, escapism, hopelessness, disappointment, and fear. At Level III, Sara felt guilty, frustrated, embarrassed, and uncomfortable. At level IV, because of the desire to receive affection and recognition from others, genuine concern, avoiding unwanted actions, and discomfort and pressure.

مستخلص البحث

ريسكا بوتري عارفين. (2023). آلية دفاع سارة في رواية *A Little Princess* بقلم فرانسيس هودجسون بورنيت. أُطرُوحَة. برنامج دراسة الأدب الإنجليزي ، كلية العلوم الإنسانية ، جامعة مولانا مالك إبراهيم الإ سلا مية الحكومية مالانج.

المشرف: محمدّ آدي طيّب ، م.أ

الكلمات الرئيسية: دفاع ، آلية ، آلية دفاع

يرسم آليات الدفاع دورًا مهمًا في حياة الإنسان. في وظيفتها، تساعد آليات الدفاع الأفراد على حل النزاعات التي تتداخل مع الأنا أو العقلية. تُظهر رواية *A Little Princess* للكاتبة فرانسيس هودجسون بورنيت أن سارة كرو، بصفتها الشخصية الرئيسية، تستخدم آليات الدفاع للتعامل مع المشكلات المختلفة التي تزعج الأنا والعقلية. تهدف هذه الدراسة إلى مناقشة أنواع وأسباب ظهور آليات الدفاع التي استخدمتها سارة كرو في رواية *A Little Princess*. تم تضمين هذا البحث في النقد الأدبي باستخدام المنهج النفسي ونظرية آليات الدفاع لجورج إي. فيلانت. تم أخذ بيانات البحث من الرواية المطبوعة بعنوان *A Little Princess* التي كتبها فرانسيس هودجسون بورنيت ونشرتها دار النشر العائمة في عام 2009. تم تحليل بيانات البحث من خلال تحديد وتصنيف وتفسير، والتوصل إلى استنتاجات. وجدت هذه الدراسة نتيجتين. أولاً ، استخدمت سارة كرو ثلاثة مستويات من آليات الدفاع ، المستوى الثاني (الخيال والإسقاط) والمستوى الثالث (الإزاحة وتشكيل رد الفعل والقمع) والمستوى الرابع (الإيثار والقمع والتسامي). ثانياً ، سبب ظهور آليات دفاع سارة. في المستوى الثاني ، تشعر سارة بالضغط والهروب واليأس وخيبة الأمل والخوف. في المستوى الثالث ، شعرت سارة بالذنب والإحباط والإحراج وعدم الارتياح. في المستوى الرابع ، بسبب الرغبة في تلقي المودة والاعتراف من الآخرين ، والاهتمام الحقيقي ، وتجنب الأعمال غير المرغوب فيها ، وعدم الراحة والضغط.

ABSTRAK

Arifin, Riska Putri. (2023). *Mekanisme Pertahanan Sara dalam novel A Little Princess oleh Frances Hodgson Burnett.* Skripsi. Program Studi Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Muhammad Edy Thoyib, M.A.

Keywords: Pertahanan, Mekanisme, Mekanisme Pertahanan

Mekanisme Pertahanan memainkan peran penting dalam kehidupan manusia. Dalam fungsinya, Mekanisme Pertahanan membantu individu untuk menyelesaikan konflik yang mengganggu ego atau mental. Novel *A Little Princess* karya Frances Hodgson Burnett menunjukkan bahwa Sara Crewe, sebagai tokoh utama, menggunakan Mekanisme Pertahanan untuk menghadapi berbagai masalah yang mengganggu ego dan mentalitasnya. Penelitian ini bertujuan untuk membahas jenis-jenis dan penyebab munculnya Mekanisme Pertahanan yang digunakan oleh Sara Crewe dalam novel *A Little Princess*. Penelitian ini termasuk dalam kritik sastra dengan menggunakan pendekatan psikologis dan teori Mekanisme Pertahanan oleh George E. Vaillant. Data penelitian diambil dari novel cetak edisi pertama berjudul *A Little Princess* yang ditulis oleh Frances Hodgson Burnett dan diterbitkan oleh Floating Press pada tahun 2009. Data penelitian dianalisis dengan mengidentifikasi, mengklasifikasikan, menafsirkan, dan membuat kesimpulan. Penelitian ini menemukan dua hasil. Pertama, Sara Crewe menggunakan tiga level mekanisme pertahanan, level II (Fantasi dan Proyeksi), level III (Displacement, Reaction Formation, dan Repression), dan level IV (Altruism, Suppression, dan Sublimation). Kedua, penyebab munculnya mekanisme pertahanan Sara. Di level II, Sara merasakan tekanan, pelarian diri, keputusasaan, kekecewaan, dan ketakutan. Di Level III, Sara merasa bersalah, frustrasi, malu, dan tidak nyaman. Pada tingkat IV, karena adanya keinginan untuk menerima kasih sayang dan pengakuan dari orang lain, perhatian yang tulus, menghindari tindakan yang tidak diinginkan, dan ketidaknyamanan serta tekanan.

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CHAPTER I
INTRODUCTION

This chapter presents the background of the study, the problems of the study, the significance of the study, the scope and limitations, and the definition of key terms.

A. Background of the Study

Being in an environment that has never been visited before or experiencing an unpleasant incident can raise self-awareness of the surroundings. For example, when an individual come to a place he has never been to, he will have trouble of sleeping or can't sleep. This is also known as vigilance that creates self-defense that functions to protect ourselves, and everyone has their self-defense. According to Vaillant (1977, p. 9), defenses or ego mechanism of defenses are “unconscious, and sometimes pathological, mental processes that the ego uses to resolve conflict among the four lodestars of our inner life”. Through Vaillant's statement, a defense mechanism or ego mechanism of defenses will emerge when we are in a position or environment that makes us uncomfortable. The defense mechanism helps a person to remain stable in conditions that are uncomfortable for them.

Fenichel (1945) also conveyed another definition of defense mechanism that "the defense mechanisms are designed to protect self-esteem” (Baumeister, Dale, & Sommer, 1998, p. 2). Thus self-esteem is related to a defense mechanism because if one's self-esteem is disturbed, one's mindset will also be concerned; this causes the emergence of defense mechanisms as self-defense. Therefore, the defense

mechanism is related to a person's ego, how a person acts when he encounters a problem that interferes with his ego. In this research, the main discussion talks about the ego of defense mechanism, about how an individual protect his/her ego or self-esteem.

Regarding individual defense, the novel *A Little Princess* by Frances Hodgson Burnett shows how to survive in living this life with some problems faced. A problem arises because certain events and reactions occur in a person's life (Landry, 1995). *A Little Princess* tells about the life journey of a little girl named Sara who changes drastically from very rich then a became a beggar. In addition, she lost the man that she loved most, her father; hence, it is not easy for her to live. This novel has moral messages about life that is conveyed through the character Sara Crewe, that there are still many things to be grateful for and to keep thinking positively. These makes the researcher interested in choosing this novel as an object of this research. That could not have been easy to survive under challenging conditions like Sara. However, with Sara's defenses, she was able to get through the difficult times she was going through.

This research applies Defense Mechanisms (Ego Mechanism of Defense) theory by George Eman Vaillant to analyze Sara's defense mechanism in this novel. Since Sigmund Freud introduced the first defense mechanisms in 1984, many experts have developed them. In relation to the research topic, the choice of theory is an important consideration. The reason the researcher chose the defense mechanism by Vaillant is that it is able to explain and describe in more detail the

types of defense mechanisms in a person. Vaillant explained eighteen types of defense mechanisms which were then classified into four different levels, such as Level I (Pathological Defenses), Level II (Immature Defenses), Level III (Neurotic Defenses), and Level IV (Mature Defenses) (Vaillant, 1977). In his explanation of the types of defense mechanisms, he also explains the causes of the emergence of defense mechanisms in a person. Thus, Defense Mechanisms by Vaillant is considered capable of answering the questions formulated by the researchers.

Sara's intelligent thoughts lead the researcher to dig deeper into how Sara survives under challenging circumstances, coupled with Sara's position as a seven years old child. This raises various questions for the researcher when reading this novel—starting from how a young girl who is immature and alone can think carefully when faced with a barrage of problems. Freud (1968, p. 59) explained that defense mechanism are normal part of children's development and play an important role in their mental and emotional functioning. Children using defense mechanism to avoid painful facts for them. "… as well as the role of defense in children's need to maintain self-esteem" (Cramer, 1998, p. 5). Considering that the emergence of something must have a cause (Kant, 1855). Sara's ways of defending and meticulously solving her problems make researcher wonder what kinds of defenses that Sara's used and what made Sara's defense emerge.

There are several previous studies related to the theory and topic of the study. First, there are three theses, and one journal found that use Sigmund Freud's theory and supporting by Vaillant in different novels, including a thesis by Theora (2022),

Nurrohmah (2019), and Usboko (2018) that analyze the main character's defense mechanisms and the article journal by Harehdasht, Ekbatäni, & Hajjari (2019). Then, a journal by Gümüş & Yemez (2019) uses the theory of Defense Mechanism by Vaillant. Then, five journal articles use the same topic about defense mechanisms in different novels using Sigmund Freud's theory of Defense Mechanisms, including a journal article by Amaliyah & Prastiwi (2022), Setiawan, Jayantini, Winarta, & Suwastini (2021), Rohaeni, Hetami, & Purwanto (2019), Sumalani & Khan (2018), and Shahzadi & Nawaz (2018). The results of several studies above show that several Defense Mechanisms are found as a character's self-defense to overcome the problem.

Some previous studies related to the topic above show that the defense mechanism appears when a person feels anxious or in trouble. Defense mechanisms are also used to keep a person in a stable condition when experiencing anxiety or problems, helping to keep thinking logically and rationally. In addition, defense mechanisms help someone weaken or get rid of negative emotions to “maintain or restore the healthy state of mind” (Bowins, 2004, p. 4). Through the previous studies, only one study uses a defense mechanism by Vaillant as a grand theory. Previous research has also primarily discussed how defense mechanisms help to overcome or avoid anxiety.

Vaillant (1977), in *Adaptation to Life*, stated that the defense mechanism does not arise just because of anxiety, it also emerges because of stress, pressure, or shock. Thus, the gap of this research is first, there is still little research that uses

the theory of defense mechanisms by Vaillant to analyze defense mechanisms. Second, no study analyzes the defense mechanism in the novel *A Little Princess* by Frances Hodgson Burnett.

Some explanations regarding the definition of defense mechanism and the novel *A Little Princess* by F.H. Burnett have been described above. However, the purpose of this research is also an essential part that needs to be explained to limit this research. Through several questions that arise when reading the novel *A Little Princess* by Burnett and previous studies that have been described previously, this research aims to find out what forms of defense mechanisms in the novel *A Little Princess* are described by Burnett. Second, to find out the cause of the emergence of Sara's defense mechanisms in this novel. To get accurate analysis results, this research is supported by Defense Mechanism by Vaillant as a grand theory in analyzing *A Little Princess* by Burnett.

Through the brief explanation above, this research is essential to do because, can provide a deep understanding and knowledge about defense mechanisms to a person or oneself. Therefore, this research is essential to show and prove that defense mechanisms need to be studied properly and correctly so that mishandling does not occur. Moreover, the Defense mechanisms theory by Vaillant can be used to explore defense mechanisms in characters in novels thoroughly.

B. Problems of the Study

In this research, the problems of the study are formulated as follows:

1. What kinds of Sara’s defense Mechanisms are depicted in *A Little Princess* by Frances Hodgson Burnett?
2. What causes Sara's defense mechanism emerge in *A Little Princess* by Frances Hodgson Burnett?

C. Significance of the Study

This research is expected to benefit both readers and researchers, especially in literature. Theoretically, this research is expected to add insight and knowledge about the types and causes of the emergence of defense mechanisms in individuals to help them keep stable in uncomfortable situations using the theory of defense mechanisms by George E. Vaillant. In addition, this research is expected to provide an understanding of the development of defense mechanisms. Practically, for researcher, this research is expected to provide valuable experience to improve the ability to analyze and write by applying learning during education. For future researchers, this research is expected to contribute to understanding Vaillant's theory of defense mechanisms.

D. Scope and Limitation

As has been stated about the theory, objectives, and benefits of this research, this research focuses on literary works in the form of a novel entitled *A Little Princess* (1905) by Frances Hodgson Burnett. Furthermore, this research only

focuses on the topic of the study and the problems of the study that have been described, namely the forms of Sara's defense mechanism and the causes that influence the emergence of Sara's defense mechanism using the theory of defense mechanism development by George Eman Vaillant.

E. Definition of Key Terms

1. Defense

Defense is a component of intellectual functioning, this is definable simplest in phrases of its consequence: the discount of unpleasure associated with a power derivative, i.e., with an instinctual desire or with superego functioning (Brenner, 1981, p. 3).

2. Mechanism

According to Merriam Webster, mechanism is a process, technique, or system for achieving a result.

3. Defense Mechanism

Defense mechanisms are a way of individual’s ego uses to resolve conflict among the four lodestars of our inner life: instincts, the real world, important people, and the internalized prohibitions provided by our conscience and our cultured (Vaillant, 1994, p. 9).

CHAPTER II
REVIEW OF RELATED LITERATURE

This chapter presents concepts of Psychological Criticism and theories of Defense Mechanisms and its development.

A. Psychological Criticism

Psychology in the sight of Henriques (2011, p. 26) that "Psychology can be defined as the science of mental behavior and the human mind, and the professional application of such knowledge toward the greater good". In a general sense, psychology consists of the word *psyche*, which means soul, and *logos* which means science. This understanding makes its limitations that psychology is the science of the soul. Like other sciences, psychology has also been developed, by several experts, most of them say that psychology is the study of human behavior (Saleh, 2018). Psychology can also be applied to several scientific fields, one of them is literature. Literature "is one, as art and humanity are one;" (Wellek & Warren, 1954, p. 42).

Literary work as literature product is a fictional composition created by someone called "author", and it can be in the form of novels, short stories, or dramas. In writing, literary works are written through the imagination of the author. As writing related to imagination, literary works are called artistic or imaginative writing (Rowland, 2018, p. 3). The process of transferring imagination by the author into a literary work is included in psychology sides. In literature, psychology is considered necessary because it helps to understand what underlies the actions or motives of a character, or to discover what underlies the author in writing a literary

work (Gillespie, 2010, p. 48). In addition, psychological analysis has a role as one occasion in which a reader may welcome a summary conclusion (Dobie, 2011, p. 76).

Literary criticism, in its function to study literary works, needs to be understood in depth. As a guide for readers to understand a literary work in detail, literary criticism is essential. “Literary criticism attempts to explain the literary work to us: its production, its meaning, its design, its beauty, its strengths and weaknesses based on the application of the tenets of a literary theory” (Henry, 2019, p. 3). Thus, literary criticism helps the reader to understand the literary work or provide a new understanding or view of a literary work being studied.

In literary criticism there are many branches of knowledge; one of them is Psychology of literary criticism or Psychological Criticism. According to Holland, (1990, p. 30) “psychological criticism will discuss the author, some member(s) of the author's audience, a character, or "the language" (and that usually means a character or some psychological process represented in the language)”. In this research, psychological criticism focuses on the character in analyzing a literary work.

B. Defense Mechanism in General

In 1894, Sigmund Freud introduced a mental function or nowadays well known as a defense mechanism, as the core of the psychoanalytic theory. In its role, Freud believed that there are three essential things in a person's personality: id, ego, and super-ego. The defense mechanism plays a role in overcoming the anxiety that

arises because of the conflict between the id and the super-ego and the reality that occurs within a person (Puspito & Widyaningrum, 2020, p. 1).

In 1936, Anna Freud developed the defense mechanisms mentioned by her father, Sigmund Freud. According to Anna, there are ten methods of defense mechanisms put forward by her father, Sigmund Freud, namely “regression, repression, reaction formation, isolation, undoing, projection, introjection, turning against the self, reversal, and sublimation or displacement” (Freud, 1968, p. 39). In Anna Freud's view, ego and defense are interrelated, so in this case, it can be concluded that defense mechanisms are used to protect the ego. As stated by Fenichel (1945), “is that defense mechanisms are actually designed to protect self-esteem” (Baumeister et al., 1998, p. 3). According to Fenichel, several things make a defense mechanism appear, including anxiety, guilt feelings, disgust, and shame (Fenichel, 1946, p. 124).

Freud’s work “focused on how the ego defensed itself against internal events, specifically, impulses that were regarded by the ego as unacceptable” (Baumeister et al., 1998). For forty years, Freud discovered the defense mechanisms that we know so far and found five essential characteristics of defense mechanisms, including: “(1) Defenses were a major means of managing instinct and affect. (2) They were unconscious. (3) They were discrete from one another. (4) Although often the hallmarks of major psychiatric syndromes, defenses were dynamic and reversible. (5) Finally, they could be adaptive as well as pathological” (Vaillant, 1977, p. 77).

C. George E. Vaillant's Theory of Defense Mechanisms

In this study, the leading theory used is the defense mechanism theory by George Eman Vaillant. Vaillant (1934) is a professor at Harvard Medical School. Vaillant's defense mechanisms discussed several ego mechanisms of defense proposed by several previous experts, which are then divided into four different levels by Vaillant. This theory is used to determine what defense mechanisms a person uses, what underlie the emergence of defense mechanisms. The first level is called Pathological defenses; this level is included in the low level. The second level is Immature Defenses, the third level is neurotic defenses, and the highest level is mature defenses.

In 1977, Vaillant discussed defense mechanisms in his book Adaptation to Life. Compared with the previous experts who discussed defense mechanisms, Vaillant's theory provides a more concise and clear explanation of the types and causes of the emergence of defense mechanisms in individuals. Of the many types of defense mechanisms that previous researchers have mentioned, Vaillant summarized them into eighteen kinds of defense mechanisms which are divided into four different levels.

Vaillant says that he selected eighteen defense mechanisms to be discussed, which have been selected from a compilation of defenses produced by six essential contributors to our knowledge of adaptive mechanisms (Percival Symonds, Anna Freud, Arthur Valenstein, Elvin Semrad, Otto Fenichel, and Lawrence Kolb) related to "their relative theoretical maturity and pathological import" (Vaillant,1977, p.

80). At each of these levels, there are several defense mechanisms shared by Vaillant.

1. **Level 1: Pathological Defenses**

This level is included in the most basic level. This is because defenses that appear at this level normally occur in children who are not yet five years old and are common in adult dreams and fantasies. At this level, children tend not to be able to overcome their problems, such as stress. Thus, usually, children tend to avoid the problem at hand. Therefore, these pathological defenses became their escape to help them resolve their problems. In adults, using these pathological defenses would be considered “crazy” or unreasonable (Penco, 2022), or it could be dangerous. At this level, there are several defenses or so-called psychotic defenses, namely:

a) **Delusional Projection**

Vaillant describes delusional projections as "honest delusions about external reality, usually of the persecutory type" (Vaillant, 1977, p. 81). Delusional Projection is the emergence of a wrong understanding that is believed by the user about the circumstances around him, which causes him to blame the people around him. For example, a person feels that someone close to him has bad or hidden intentions, and then this feeling grows and is believed. So he blamed the people close to him.

b) **Denial**

Denial is a condition where a person cannot accept reality or facts because it hurts. "Denial involves the literal denial of external reality" (Vaillant, 1977, p. 81).

In essence, Denial is a way someone refuses to face certain facts (Baumeister et al., 1998). For example, when someone is abandoned by someone they love, they will tend to deny the reality that is happening. Therefore, Denial as a defense mechanism helps a person to avoid feelings he doesn't want to feel.

c) Distortion

Vaillant (1977, p. 81) stated “Distortion grossly reshapes external reality to suit inner needs. It is a common element of both manic delusions of grandeur and adaptive religious belief.” Vaillant in Adaptation to Life describes several examples of distortion, from these examples it can be concluded that distortion is a person's belief in something that is believed to happen even though in reality it may not necessarily happen, the term often used in this condition is "overthinking." For example, when a student feels he will not pass the test and fail at everything. In fact, what he expected and imagined will not truly happened in real life.

2. Level 2: Immature Defenses

This level is normal on the age of three to fifteen years for children with character disorders and for adults’ present process psychotherapy. Immature defenses “play a critical role in suppressing emotional cognizance and contributing to psychopathology” that may reduce anxiety and misery caused by threats from someone or an unpleasant or sudden truth (Penco, 2022). Immature defenses also normally adjust misery caused by different humans - both their presence or their loss. Whilst those defenses are used to clear up conflict among sense of right and wrong, fact, and instincts, the integration is imperfect. In truth, immoderate use of

immature defenses makes one forget the real reality (Fatima & Mahour, 2021). Vaillant (1977) divides the types of immature defenses into the subsequent:

a) Acting out

Acting out is a defense used by someone when in a condition that is unpleasant for him; he will take it out on other things (objects), which is usually done unconsciously. As Vaillant (1977, p. 384) stated, acting out is a "direct expression of an unconscious wish or impulse in order to avoid being conscious of the affect that accompanies it." For example, someone who is angry suddenly screams and slams things around him.

b) Fantasy

Fantasy as a defense helps someone to solve problems faced by "imagine" but does not do it in the real world. Vaillant (1977, p. 384) stated that fantasies change the "outer world, not the inner world." For example, someone in debt pretends to be a rich man who lives peacefully in a big house with lots of money, but he doesn't work hard to fulfill his "imagination." Another example was put forward by Vaillant (1977) about fantasy, like a child playing as a King and Queen.

c) Hypochondriasis

Hypochondriasis as a defense mechanism helps to reduce anxiety. Hypochondriasis focuses more on disease or illness. Vaillant (1977, p. 83) stated that hypochondriasis is “most common in the physically ill.” In line with this, Penco (2022, p. 34) suggests that hypochondriasis is “Unacceptable feelings towards others are projected into negative feelings towards oneself in the form of illness.”

For example, someone with stage fright suddenly feels shortness of breath or stomach pain. So hypochondriasis helps to divert or reduce the anxiety experienced by the disease.

d) Passive aggressive behavior

Most people are afraid to show their feelings directly. Passive-aggressive behavior as a defense mechanism is used to hide emotions or indirectly want to show other people what they feel without the need to say it directly (Penco, 2022). Vaillant (1977, p. 384) also suggests that passive-aggressive behavior "includes silly or provocative behavior to receive attention and clowning to avoid assuming a competitive role." For example, an office employee who doesn't like the attitude of his co-workers does passive-aggression by not wanting to talk or meet with his co-workers to show his displeasure.

e) Projection

Vaillant (1977, p. 161) states, "Projection allows us to refuse responsibility for our own feelings and to assign responsibility to someone else." Through this explanation, it can be seen that projection as a defense helps individuals to divert feelings they don't like, which are then spilled onto other people. In this case, there is an example, when someone scolds an individual for making a mistake, he will blame it on someone else.

3. Level 3: Neurotic Defenses

This level is ordinary at the age of three to ninety years in someone who experiences neurotic disorder and stress (Vaillant, 1977) and is common in most

people. Karen Horney in Penco (2022) stated that neurotic defenses do not help in overcoming a problem and difficulty experienced by a person but form a natural balance and protect self-esteem. The following types of neurotic defenses are divided by Vaillant:

a) Displacement

Displacement is a condition where a person is angry with "A" but vents his anger (negative emotion) on "B." According to Vaillant (1977), Displacement is a condition in which a person diverts the feelings he is experiencing in another direction that is not given enough attention. In line with this, Penco (2022, p. 43) stated that in Displacement, "Emotions are redirected to a safer object". For example, an older brother who is angry with his parents will vent his anger on his younger brother.

b) Dissociation

Dissociation as a defense mechanism helps to avoid emotional distress experienced by someone. Penco (2022) stated, "The dissociation mechanism allows us to replace painful ideas and feelings with more pleasant ones." According to Counts (1990), Dissociation can also help a person to stay sane. For example, someone stressed with his job chooses to vacation at the beach, etc.

c) Intellectualization

Intellectualization defenses are conditions in which someone experiencing a problem will solve the problem logically and intellectually. As Penco (2022) stated, Intellectualization is a way "a person avoids unpleasant emotions and focuses on

pure logic." Vaillant (1977) said that "intellectualization are mechanisms by which men in the Study achieved independence by using their heads." For example, someone applying for a job is told he is not accepted to work at the company he applied for. Instead of getting angry or taking it out on those around him, he prefers to find out what caused him not to be accepted.

d) Reaction formation

According to Vaillant (1977), Reaction Formation is a condition where a person does the opposite of his feelings. Reaction Formation, "It is a defense mechanism in which emotions and impulses that cause anxiety or are unacceptable to us, we overcome by exaggerating the opposite tendency" (Penco, 2022). For example, Ana doesn't like Dina, and instead of showing her dislike for Dina, Ana is being lovely to Dina; this is called Reaction Formation.

e) Repression

Repression as a defense is a condition where someone who used to or as a child has experienced an unpleasant incident turns out to form a fear or phobia as an adult. As Penco (2022) stated, “Repression arises when we are children, but since it fails to cover all our needs for ego defense, others will develop later.” For example, someone afraid of cats may have been scratched or bitten when he was little; in this case, repression helps someone focus on the present and not torture someone over experience.

4. Level 4: Mature Defenses

This level is common in twelve to ninety-year-olds who can deal with reality, interpersonal relationships, and personal feelings (Vaillant, 1977). According to (Fatima & Mahour, 2021) “Use of these defenses improves feelings of pleasure and power”. This level is called mature defenses because at this level people have been able to overcome their problems with a more mature mind. The following are the types of mature defenses divided by Vaillant:

a) Altruism

Altruism as a defense mechanism is almost the same as reaction formation. Altruism, in the view of Vaillant (1977) "giving others what you would like to receive." So altruism users tend to do good to people or things they don't like. For example, someone who only has a little money actually gives it to other people who need it more.

b) Anticipation

Vaillant (1977) explains that Anticipation as a defense mechanism helps a person to be on guard for future events. This is in line with Penco's (2022) thought which states that Anticipation helps a person to plan for the consequences he will face in the future to prepare for an emotional reaction. For example, when a student has just finished taking a test, he already anticipates his grades and what he will do if he does not pass or if he does.

c) Humor

Humor as a defense mechanism helps someone to reduce unpleasant feelings by making it a joke or, in short, turning irony into a joke. According to Vaillant

(1977), humor is an "elegant defenses." According to Penco (2022), humor as a defense helps us to be able to rest and get rid of negative things. For example, someone who is bullied on social media with blasphemy that is not based on facts instead laughs reading the blasphemy, because according to him, he is not like that.

d) Suppression

Suppression as a defense mechanism helps a person to solve his problem in an adult way by delaying reacting by rethinking the best way to solve it. Penco (2022) stated that Suppression is “consciously making a decision not to express a certain emotion.” Line with Vaillant (1977) stated that Suppression “includes looking for silver linings, minimizing acknowledged discomfort, employing a stiff upper lip, and deliberately postponing but not avoiding.” For example, when a student is asked to choose one of the two desired universities, he does not necessarily choose without thinking. He will ask for time to think about which university to choose. This is what is meant by Suppression.

e) Sublimation

Sublimation as defense helps to change or channel negative feelings/emotions or attitudes into positive ones. Sublimation is "the displacement of the instinctual aim in conformity with higher social values" (Freud, 1968). In line with Anna, Vaillant (1977) stated that Sublimation helps "expressing aggression through pleasurable games, sports, and hobbies; and romantic attenuation of instinctual expression during a real courtship." For example, someone who likes to fight will be considered annoying and scorned by society. By using Sublimation, he can become a boxer, which is more accepted by society.

D. The Causes of the Emergence of Defense Mechanisms

Defense mechanisms appear unconsciously, resulting from changes in the surrounding environment. The types of defense mechanisms described previously are based on several things that interfere with one's ego. In his book, Adaptation to Life, Vaillant describes eighteen defense mechanisms which are then divided into four levels, as previously explained. In dividing this level, Vaillant also reveals the factors that lead to a person's emergence of defense mechanisms.

1. Level I (Pathological Defenses) is common or normal in children under the age of five and common in adult dreams. Vaillant (1977) said that at this level, defense mechanisms in children emerge because they are still unable to deal with problems, such as stress. For example, when a child has made a mistake but denies it by saying he didn't do it. On the other hand, in adults, using defense mechanisms at this level will make a person look "crazy" and can be dangerous.
2. Level II (Immature Defenses) normally occurs in children aged three to fifteen years. The defense mechanisms that appear at this level are used for "alter distress caused by other people" (Vaillant, 1977). According to Vaillant, using defense mechanisms at this level can help a person avoid anxiety. This is supported by Penco's statement (2022), that immature defenses help to reduce anxiety and suffering from a person or an unpleasant or sudden truth.
3. Level III (Neurotic Defenses) normally occurs in children aged 3 years to ninety years. Defense mechanisms at this level appear in someone who has a neurotic disorder such as depression caused by internal conflict and stress (Vaillant, 1977).

4. Furthermore, at level IV (Mature Defenses), it is common between the ages of twelve to ninety years. According to Vaillant (1977), defense mechanisms at this level arise due to stress and emotional pressure.

In summary, defense mechanisms arise due to several factors interfering with one's ego. According to Vaillant, the causes for the emergence of defense mechanisms are stress, anxiety, unpleasant events, sudden truth (shock), internal conflict (fear), and emotional stress. In connection with the causes of the emergence of defense mechanisms in a person, thus, this study wants to reveal what makes Sara Crewe's defense mechanisms appear by focusing on the types of defense mechanisms used by Sara. Additionally, focusing on Sara's behavior and speech in the novel *A Little Princess* by F.H. Burnett.

CHAPTER III
RESEARCH METHOD

This chapter contains the research framework used in this research. It consists of research design, data sources, data collection, and data analysis.

A. Research Design

This research is literary criticism, because it explores a piece of literature (Abrams & Harpham, 2012). According to Gillespie (2010), "Literary criticism is the discipline of interpreting, analyzing and evaluating works of literature." Thus, this research focuses in analyzing a literary work, novel. This study uses a psychological approach by applying the theory of Defense Mechanisms (Ego Mechanism of Defense) by G.E. Vaillant. The theory developed by Vaillant is appropriate to analyze this research because it answers the research problems.

B. Data Source

The data source for this research is the printed book titled *A Little Princess*, written by Frances Hodgson Burnett. This research uses the first edition of the novel *A Little Princess* (1905), published by The Floating Press in 2009, consisting of 192 pages with 19 chapters. The data of this research will be in the form of quotes composed of words, phrases, sentences, paragraphs, and conversations taken from the novel *A Little Princess* about Sara's defense mechanisms.

C. Data Collection

As this research analyzes literary work, especially novel, data collection techniques must also be carried out carefully and sourced from the novel *A Little*

Princess by F.H. Burnett. To obtain accurate data, a process of collecting the data is required. First, reading the novel in depth to find out the storyline in detail. Second, rereading the novel to understand the whole story while finding data related to Sara's defense mechanisms. Third, underlining essential things and notes taking related to Sara’s defense mechanisms.

D. Data Analysis

There are several steps to analyze the research data based on the research design and data collection. To get precise and accurate analysis results, several steps can be taken. First, the researcher preparing the data from the data collection. Then**,** identifying and re-examining the data collected that have been found. After that, the researcher classifying and sorting data related to Sara’s defense mechanisms. Next, the researcher examining the data by describing, interpreting, and connecting the data related to Sara's Defense Mechanism. Finally, the researcher concluding the research by providing conclusion answers to the problems of the study.

CHAPTER IV
FINDINGS AND DISCUSSION

This chapter presents analysis and answers to research problems. Finding and Discussion is related to what defense mechanisms Sara's use and what causes Sara's defense mechanisms to emerge by presenting quotations from the novel as the data, then proceed by analyzing and linking them to find out the research results.

A. Sara's Defense Mechanisms

In the novel *A Little Princess* by Burnett, Sara, the main character, experiences many changes and problems in her life. The problems that Sara faced led her to use defense mechanisms as a way so that Sara could think clearly and positively. This sub-chapter explains what types of defense mechanisms are used by Sara using the theory of Defense Mechanisms (Ego Mechanisms of Defenses) by George E. Vaillant, especially on the eighteen types of defense mechanisms, which are divided into four different levels. In this novel Sara only uses eight types of defense mechanisms that are spread over Level II, III, and IV.

Level I or Pathological Defenses was not found or used by Sara. Pathological defenses are referred to as the most basic level that appears in children under the age of five and is common in adult dreams, including Projection, Denial, and Distortion (Vaillant, 1977). In Burnett's novel *A Little Princess*, Sara is described as a seven-year-old child sent by her father, Captain Crewe, to Miss Minchin's Select Seminary in London. When she arrived at Select Seminary, Sara talked to her father about the place.

> *"And though she was only seven years old, she knew that he felt sad when he said it."* (Burnett, 2009)

The data above shows that Sara is a seven years old child who is explained directly by Burnett. This is in line with Cramer (2015) statement, which states that the use of defense mechanisms is also related to age. At Level I, normal defense mechanisms are used by children under five years old (Vaillant, 1977), while Sara in this novel is seven years old and has been able to think logically to use defense mechanisms. Therefore, at Level I, the researcher did not find the use of defense mechanisms, either delusional projection, denial, or distortion.

1. **Level II: Immature Defenses**

At this level, there are five defense mechanisms: acting out, fantasy, hypochondriasis, passive-aggressive behaviour, and projection. Immature defenses normally occur at the age of three to fifteen years old. In regard, the character of Sara in the novel *A Little Princess* uses two types of defense mechanisms at this level.

a. **Fantasy**

In the novel *A Little Princess*, Sara uses defense mechanisms in the form of fantasy dominantly to deal with her problems. This is related to the conflict in the novel, where when Sara's father, Captain Crewe died due to illness and goes bankrupt, Sara's life which started from luxury, turns into poverty. Miss Minchin, as the owner of the Select Seminary, intends to expel Sara, but Miss Minchin thought that Sara is useful as a maid in the Select Seminary. Moreover, Sara has to live in the attic. Related to the life changes in her life, there are some fantasy that

Sara’s used to maintain her ego.

1) Fantasy being a soldier and part of war

Sara uses fantasy by assuming that her work is part of a war and she is a soldier. Sara's life has changed drastically, forcing her to adapt quickly. Luckily he was still given a place to live and became a maid in the select seminary. Sara's fluency in French allows her to still live in the Select Seminary, even though she is a maid and teaches French to young students. Sara's hard work made her had to think of ways to survive. Through fantasizing that her job is part of a war, helps her focus on doing her job. Sara tries her best to do her job. She never shows what she feels. The reason that Sara never complains is that she thinks that what she does is like a soldier going to war, and they won't complain.

> *“Sara never made any mischief herself, or interfered with anyone. She worked like a drudge; she tramped through the wet streets, carrying parcels and baskets; she labored with the childish inattention of the little ones' French lessons; as she became shabbier and more forlorn-looking, she was told that she had better take her meals downstairs; she was treated as if she was nobody's concern, and her heart grew proud and sore, but she never told anyone what she felt.”*
>
> *"Soldiers don't complain," she would say between her small, shut teeth, "I am not going to do it; I will pretend this is part of a war." (Burnett, 2009, p. 75)*

In Sara’s fantasy, the job of a maid as a war, helps to shift her feelings to the situation she imagined. Being a soldier is not easy; they have to do hard work regardless of time and conditions. Moreover, when the army faces a war, Sara considers that her hard work was like a war, and she was a soldier. In fantasy mode, while at war, Sara will not be distracted and considers that what she does is her duty, regardless of her heavy workload. The same data also found about Sara’s fantasy being a soldier and her bestfriend’s visits in the Attic as a part of her adventures.

When Sara was told to go out to buy kitchen needs with the muddy roads after the rain, she had to come home late. This made the kitchen maid angry, and because Sara came home late, dinner was over. The kitchen maid also didn't care about Sara's condition; she hadn't eaten since noon and didn't even leave dinner for Sara. But then the kitchen maid told Sara that there is bread, Sara was really glad to hear that. However, unfortunately, the bread was hard and dry, which was already inedible. After that, Sara returned to Attic in a condition that was still very hungry because she only ate one piece of bread. As Sara almost arrived in her room, she saw a candle light, and it was her bestfriend, Ermengarde, who visits Sara. However, she reckoned that the army had also experienced the same condition as Sara's feel now.

> *"… Her visits partook of the character of adventures; and though sometimes Sara looked rather pale, and it was not to be denied that she had grown very thin, her proud little spirit would not admit of complaints. She had never confessed that at times she was almost ravenous with hunger, as she was tonight. She was growing rapidly, and her constant walking and running about would have given her a keen appetite even if she had had abundant and regular meals of a much more nourishing nature than the unappetizing, inferior food snatched at such odd times as suited the kitchen convenience. She was growing used to a certain gnawing feeling in her young stomach."*
>
> *"I suppose soldiers feel like this when they are on a long and weary march," she often said to herself. She liked the sound of the phrase, "long and weary march." It made her feel rather like a soldier. She had also a quaint sense of being a hostess in the attic."* (Burnett, 2009, p. 136-137)

However, it cannot be denied that at that time Sara was very hungry and almost fainted. Fantasy Sara, who sees Ermie's visit as part of an adventure, gives her a little strength to treat her guests well. Furthermore, by pretending she is a soldier, Sara tried to divert her hunger to her fantasy. In her fantasy, Sara thought that a soldier must have felt hunger and cold when carrying out her duties as she did. Thus, fantasizing about being a soldier and Ermie's visit as an adventures

distracts Sara from the lousy condition she is going through into a fantasy she creates to forget her hunger. Therefore, she can handle her hunger and control her mind. The two data above, in line with the statement that "fantasy provides all of us a means of making events all right in our heads - even if in reality they are unbearable." (Vaillant, 1977). In situations that make Sara mentally tired and hungry, fantasy makes Sara think that her work is normal as well as the soldier, so she can focus on her work rather than complaining about her current condition.

2) Fantasy about the Attic as a place from the story

Sara uses fantasy by assuming that an attic is a place in the story. Firstly, Sara fantasizes the Attic as The Bastille and she is a prisoner in it. When Sara was still wealthy, she lived in a large room with a private playroom with luxury goods. Her life changed so drastically when Sara had to live in the Attic, and there were no luxury items, only a hard mattress, peeling walls, dirty sheets and blankets, cold, and rats squeaking.

When Sara was still a new student at school, she saw a girl named Ermangarde, who often cried because she was labelled stupid. However, in Sara's eyes, she is an interesting child, so Sara tries to be friends with Ermengarde, and they become best friend. Until one day, Ermengarde visited Sara in the attic. She was surprised by the condition of Sara's room, and she asked if Sara could live in a place like this. Then, Sara told Ermengarde about her condition.

> *"If I pretend it's quite different, I can," she answered; "or if I pretend it is a place in a story."*
> *"Other people have lived in worse places. Think of the Count of Monte Cristo in the dungeons of the Chateau d'If. And think of the people in the Bastille!"*
>
> *"Yes," she said, hugging her knees, "that will be a good place to pretend about. I am a prisoner in the Bastille. I have been here for years and years—and years;*

> *and everybody has forgotten about me. Miss Minchin is the jailer—and Becky"—a sudden light adding itself to the glow in her eyes—"Becky is the prisoner in the next cell."*
>
> *"I shall pretend that," she said; "and it will be a great comfort." (Burnett, 2009, p. 80)*

Sara told Ermengarde that she can live in the Attic by fantasizing that the Attic is like the Bastille from the story that she read about France Revolution. As it is the Bastille, Sara assums of herself as a prisoner who lives in in along with another prisoner, Becky, who is also a maid in the room next to Sara's and also her bestfriend. The Bastille is Sara's medium to build her fantasy because the Attic is more like a prison than a room to live within. As Sara said that the Bastille is the easiest place to fantasize.

> *"Do you always pretend it is the Bastille?"*
>
> *"Nearly always," answered Sara. "Sometimes I try to pretend it is another kind of place; but the Bastille is generally easiest— particularly when it is cold."* (Burnett, 2009, p. 89)

Sara tried to pretend that the Attic is another kind of place, but however the Bastille is most suitable. The quotations above show that the cold conditions of the Attic, dark and far due to its high location, made Sara choose the Bastille. Sara also pretends that she is a prisoner. In addition, Sara said that pretending the Attic as the Bastille was easier because it was supported by the surrounding conditions, namely the state of the Attic. Fantasy Sara led her to be still able to deal with her current condition because, after all, Sara couldn't protest. In accordance with Vaillant's (1977) statement that fantasy provides comfort, the quotations above showed that Sara tried to fantasizes the Attic as the Bastille, so that she can bear to live there and feel comfortable.

Secondly, Sara fantasizes that she lives in a castle and she is a chatelaine. Related to the visit of Ermie to Attic when Sara was tired and hungry and almost fainted, Sara said to herself while fantasizing that she currently lives in a castle and Ermengarde lives in another castle.

> *"If I lived in a castle," she argued, "and Ermengarde was the lady of another castle, and came to see me, with knights and squires and vassals riding with her, and pennons flying, when I heard the clarions sounding outside the drawbridge I should go down to receive her, and I should spread feasts in the banquet hall and call in minstrels to sing and play and relate romances. When she comes into the attic I can't spread feasts, but I can tell stories, and not let her know disagreeable things. I dare say poor chatelaines had to do that in time of famine, when their lands had been pillaged." She was a proud, brave little chatelaine, and dispensed generously the one hospitality she could offer—the dreams she dreamed—the visions she saw—the imaginings which were her joy and comfort."* (Burnett, 2009, p. 137)

Ermie's visit at that time could be said to be inappropriate because Sara condition at that time was very tired, hungry, and almost fainted. To entertain Ermengarde, her best friend, Sara tries to strengthen herself by fantasizing that she lives in the Palace and Ermie in another palace, where Ermie comes to visit Sara's castle with Sara's lively welcome meal for Ermie. However, because Sara currently lives in the Attic and cannot greet Ermie with great fanfare, at least she can welcome Ermie with stories and tell her only pleasant things. Like chatelaine who is falling into poverty and covering their true condition. Sara tried to treat Ermie as best she could.

Thirdly, Sara fantasizes about the Attic as the Banquet Hall, and she has a party in it. Ermengarde often visited Sara in the Attic. One night, when Ermie visited Sara, Sara was very hungry and cold, and tired after a day outside. However, Sara did not show Ermie her suffering. Instead, she tried to comfort Ermie by telling stories to each other. When they were sharing stories, suddenly, Miss Minchin's

voice was heard scolding Becky; in the next room, Sara, who was surprised, immediately turned off the light in her room so that Ermengarde would not be found out. They fell silent to hear Miss Minchin and Becky talking until they heard a slap. Miss Minchin slapped Becky, thinking Becky had stolen dinner. Sara was very surprised to hear this, about hunger, she was very sensitive because even then she was very hungry. Sara, who heard about that, was furious because Sara knew that Becky couldn't possibly do that. (Burnett, 2009)

Sara never showed her trouble, especially when she was hungry. Sara's anger at Miss Minchin's treatment of Becky made Ermangarde realize that Sara had never felt hungry. It was undeniable, Sara also admitted that at that time she was very hungry and almost fainted because of the hard work she had to do. So far Sara complied with her because she didn't want to look like a fit, and she didn't like being seen as pathetic. Ermie felt really bad for not knowing that. Until Ermengarde remembered that he had received a cake from his aunt and took the initiative to take the food so they could eat together. (Burnett, 2009, p.141)

Regarding to the incident above, the researcher found the third data, that Sara and her best friends, Becky and Ermengarde, fantasized that they had a party and they pretend that they are in the Banquet Hall. Sara was really happy to heard that. Then, Ermie back to her room to pick up the foods secretly and come back to the Attic. In this situation, Sara persuade Ermie to pretend that they have a party and invite Becky to join in it. Sara and Becky prepared a feast while waiting for Ermengarde to get some food. With Sara's fantasy ability, she decorates her room with her belongings stored in her suitcase. Sara transforms these objects into fancy

objects that are usually present at parties with her fantasies, such as a tablecloth that is Ermie's scarf that fell off. They are no longer in The Bastille prison. Now, they are in the Banquet Hall.

> *"Ermie!" she said. "Let us PRETEND! Let us pretend it's a party! And oh, won't you invite the prisoner in the next cell?"* (Burnett, 2009, p. 141)
>
> *"Oh, yes, yes!" said Sara. "Quite different. It is a banquet hall!"*
>
> *"So Sara told her, and because her Magic helped her she made her ALMOST see it all: the golden platters—the vaulted spaces—the blazing logs—the twinkling waxen tapers. As the things were taken out of the hamper—the frosted cakes—the fruits—the bonbons and the wine—the feast became a splendid thing"* (Burnett, 2009, p. 146)

Some of the data above shows that Sara invited Becky and Ermangarde to fantasize or pretend they were having a party in a Banquet Hall. However, in actual fact, the items Sara used to decorate the room looked like junk. Therefore, through fantasy by pretending to have a party and being in the Banquet Hall, Sara, Becky, and Ermie can avoid negative influences that will affect their egos. For a moment, they forgot about Becky being slapped by Miss Minchin and Sara forgot her hunger and cold. Thus, in this case, Sara's fantasy drives her to forget unpleasant events.

Fourthly, Sara fantasizes that her room is comfortable and luxurious. Before she was moved to the Attic, Sara's room was indeed filled with luxury items, unlike the Attic, which is unfit to live in. Sara's fantasy is based on an incident at a party that night. When, Lavinia told Miss Minchin that Ermengarde come to Sara's room, then, Miss Minchin came into Sara's room and saw Sara, Ermengarde and Becky having a party. Miss Minchin was furious and crashed the party. Everyone was punished, and Sara was punished by not getting any more food for tomorrow, even though Sara had not eaten since that day and night.

> *"Suppose there was a bright fire in the grate, with lots of little dancing flames," she murmured. "Suppose there was a comfortable chair before it—and suppose there was a small table near, with a little hot—hot supper on it. And suppose"—as she drew the thin coverings over her—"suppose this was a beautiful soft bed, with fleecy blankets and large downy pillows. Suppose— suppose—" And her very weariness was good to her, for her eyes closed and she fell fast asleep*. (Burnett, 2009, p. 150)

After the ruined party, Sara was quiet for a while and then went to her bed. The quote above shows a ravenous and weak state; Sara sat on the edge of the bed and began to imagine if the room had a fireplace, there was a comfortable chair with a small table and a warm dinner, a soft bed and pillows, and a lace blanket. She fantasized until she finally fell asleep. In the previous explanation, Sara used her fantasy to distract her. In line with this, Sara, who was hungry and weak that night, distracted herself by fantasizing about her magnificent room.

3) Fantasy of being a princess

Sara fantasizes being a princess. A common thing for someone to fantasize about, especially with children. As Vaillant (1977) has given examples about Fantasy, such as children who pretend that they are a King and a Queen. Regarding with that statement, Sara also using fantasy as a princess. Many children at school like Sara because she likes to tell stories. Until one day, she was called "Princess Sara". However, that was when she was still wealthy; with her expensive clothes, the title of a princess was suitable for Sara. Unfortunately, Sara turned into a maid with shabby clothes, which made her feel unworthy of being a princess. One day, contemplating her fate, she thought she could still be a princess.

> *"Whatever comes," she said, "cannot alter one thing. If I am a princess in rags and tatters, I can be a princess inside. It would be easy to be a princess if I were dressed in cloth of gold, but it is a great deal more of a triumph to be one all the time when no one knows it. There was Marie Antoinette when she was in prison and her throne was gone and she had only a black gown on, and her hair was white, and they insulted her and called her Widow Capet. She was a great deal more like a queen then than when she was so gay and everything was so grand. I*

> *like her best then. Those howling mobs of people did not frighten her. She was stronger than they were, even when they cut her head off."* (Burnett, 2009, p. 105)

Sara's fantasy is supported as she thinks about the story of Marie Antoinette, the queen who was dethroned, imprisoned, and humiliated, but it made Marie look like a real Queen. Sara's fantasy of being a princess used to entertain herself when feeling tired of her current state. In her mind, if she could be a princess in real life, then she would pretend to be in her heart. Even though it would be easier to fantasize if it was supported by the circumstances and conditions around it, Sara could still fantasize about being a princess because it was supported by stories from Marie Antoinette. Thus, Sara considers that even though she is currently a maid, wearing shabby clothes, and being scolded many times, she will not give up because she believes an actual princess must be strong in facing problems.

Other data found by researchers support the data above. Regarding her fantasy of becoming a princess, she often turns on her fantasy, especially when Sara is having problems. Sara brought her fantasy to life this time when she faced Miss Minchin and the kitchen maid. When Sara fantasizes about being a princess, she will just be quite and do her job.

> *"You don't know that you are saying these things to a princess, and that if I chose I could wave my hand and order you to execution. I only spare you because I am a princess, and you are a poor, stupid, unkind, vulgar old thing, and don't know any better."*
>
> *"A princess must be polite," she said to herself.* (Burnett, 2009, p. 105)

Ever since Sara turned poor, Miss Minchin very hated Sara. She poured out her hatred by often scolding and punishing Sara. Therefore, in the first quote above, when Miss Minchin nagged Sara, however, she is only silent because, in Sara's mind, she is becoming a princess. Sara lived her fantasy, and no one knew about it.

Sara thinks that Miss Minchin is at a lower level and because Sara is a princess, she will not punish Miss Minchin, just because Sara thinks Miss Minchin is not equal to her.

> *"And so when the servants, taking their tone from their mistress, were insolent and ordered her about, she would hold her head erect and reply to them with a quaint civility which often made them stare at her."*
>
> *"She's got more airs and graces than if she come from Buckingham Palace, that young one," said the cook, chuckling a little sometimes. "I lose my temper with her often enough, but I will say she never forgets her manners. 'If you please, cook'; 'Will you be so kind, cook?' 'I beg your pardon, cook'; 'May I trouble you, cook?' She drops 'em about the kitchen as if they was nothing."* (Burnett, 2009, p. 106)

Later, when the kitchen servants kept yelling and make Sara to do lot of works, she was still polite. So the kitchen servants thought that Sara's attitude was politer and elegant than the nobles at Buckingham Palace. When Sara fantasised about being a princess, it was the right choice. Being a princess meant always being polite, elegant, and loving people in the lower classes; at least, that was Sara's thought. Thus, when Sara was pretending to be a princess, Miss Minchin's scolding and the kitchen servants' errands would not affect her. Moreover, her pretending to be a princess became a means for Sara to escape from the pressure of the people around her.

Other data also found that Sara used her fantasy to become a princess to face a friend who didn't like her, Lavinia, and vice versa. Since Sara entered the boarding school, she has been the centre of attention because, at that time, Miss Minchin treated Sara special. But apart from that, Sara's personality also attracted the attention of the other students. Sara likes to tell stories to the students. So, many people like Sara. However, that doesn't apply to Lavinia and her friends. Ever since Sara became the centre of attention, Lavinia felt jealous. Therefore, Lavinia always

commented on whatever Sara did. But Sara doesn't care because, for Sara, it's not important to take care of people we don't like or vice versa.

> *"... If you were a princess, you did not fly into rages. Her hand dropped, and she stood quite still a moment. When she spoke it was in a quiet, steady voice; she held her head up, and everybody listened to her"* (Burnett, 2009, p. 48)

Sara never bothered Lavinia, on the contrary, it was Lavinia who always bullied and mocked Sara. Until then, Sara's secret of being a princess was exposed by Lavinia. This made Sara furious because Lavinia mocked Sara for her pleasure in pretending to be a princess. Sara tried to calm herself down in front of Lavinia and the other students who saw their bickering, fantasizing that a princess shouldn't get angry over little things. Therefore, being a princess in this case helping Sara to control her emotion and not care about any of the jeering.

Sara's fantasy of being a princess continues when the kitchen servants order her to go shopping. After getting the requested item, Sara returned to the dormitory. On her way home, Sara finds a fourpence bill, which she intends to buy some bread at the opposite shop. But on her way to the bakery shop, she found a beggar who was still a child with a pitiful appearance, coupled with the cold weather at that time. Sara saw the child who was starving. Sara's position at that time was also very hungry because she had yet to eat since noon.

> *"If I'm a princess," she was saying, "if I'm a princess—when they were poor and driven from their thrones—they always shared— with the populace—if they met one poorer and hungrier than themselves. They always shared. Buns are a penny each. If it had been sixpence I could have eaten six. It won't be enough for either of us. But it will be better than nothing."* (Burnett, 2009, p. 120)

Sara was confused when she saw the hungry beggar because she was also very hungry. In fact, she wanted to buy bread using the money she had found and

eaten all of the bread by herself. But, then Sara fantasized that if she were a princess, she would share. With Sara's condition being starving and cold, luckily, the fourpence of money turned out to be nobody's owner, so she decided to buy some bread, beruntungnya the owner of the bakery shop given Sara six bread, then Sara give five from six bread to the little beggar. In this case, Sara's fantasy of becoming a princess does not help her overcome hunger but helps satisfy Sara's ego. Therefore, being a princess indirectly encourages Sara to continue to be kind and caring for others because, for Sara, that is the attitude a princess should have.

Moreover, another data found when Sara pretending being a princess. In brief, Ermengarde, Becky, and Sara are having a small party because Ermie brought them the box full of cake. Thus, they are pretending that they have a party. At that time, Ermengarde suggested Sara to pretend as a princess and this party was a royal banquet.

> *She led the way to the table. She waved her hand graciously to Ermengarde and Becky. She was in the midst of her dream.*
>
> *"Advance, fair damsels," she said in her happy dream-voice, "and be seated at the banquet table. My noble father, the king, who is absent on a long journey, has commanded me to feast you." She turned her head slightly toward the corner of the room. "What, ho, there, minstrels! Strike up with your viols and bassoons. Princesses," she explained rapidly to Ermengarde and Becky, "always had minstrels to play at their feasts. Pretend there is a minstrel gallery up there in the corner. Now we will begin."* (Burnett, 2009, p. 147)

The quotations above show that Sara, Ermengarde, and Becky fantasize that Sara is a princess who invites Ermie and Becky to her big party with live music. They changed the attic, which is far from being fit to live in, to be like a Banquet Hall with a lavish banquet. It shows that the fantasy built by Sara is used to make her feel comfortable and happy by diverting her hunger and cold to the fantasy she built, so she can forget the suffer that she felt.

4) Fantasy of wearing proper cloth

Sara fantasizes if she wears proper clothes, is warm and has money. This started when Sara was ordered to buy things by the kitchen maid; with the cold weather after the rain, Sara was only wearing her shabby clothes and jacket, with worn shoes, and she was starving because Miss Minchin punished Sara to had not eaten since noon. F.H. Burnett explained that Sara tried to distract herself with fantasies in these difficult circumstances, but sometimes it just left her feeling hungry and cold. However, Sara still tried and was persistent.

> *"Suppose I had dry clothes on," she thought. "Suppose I had good shoes and a long, thick coat and merino stockings and a whole umbrella. And suppose—suppose—just when I was near a baker's where they sold hot buns, I should find sixpence—which belonged to nobody. SUPPOSE if I did, I should go into the shop and buy six of the hottest buns and eat them all without stopping."* (Burnett, 2009, p. 118)

Sara is trying to divert her attention from the hunger and cold she is experiencing to the fantasy she built. There wasn't much for Sara to do then as she returned to the Select Seminary, she only focuses to get back as soon as possible due to the cold weather. But it's hard to not think about anything, because it just made her feel cold and starving. Thus, she fantasizes about wearing dry clothes, nice long shoes, a thick coat with stockings and an umbrella. She also imagined that there was a bakery selling hot buns, and she found a six-pence bill that would be used to buy the six loaves and eat them all. With the cold weather and the night, Sara tries to fill her mind with fantasies of positive things so that she won't feel the cold of the night and for a moment forgets her hunger. When she fantasized about these things, Sara felt better because she was distracted.

b) Projection

In *A Little Princess*, apart from using Fantasy, Sara also uses projection as a defense mechanism. As previously explained, projection is projecting feelings that one feels to others (Vaillant, 1977). In this novel, Sara projects her feeling to her best friend, Ermengarde. When Sara's life turns into a servant, she has to start forgetting about studying and focusing on work. When Sara's birthday comes with the news of her father's death, Ermengarde is not at school. Ermie was then called home abruptly for several weeks. Several days after he returned to school, Ermie did not find Sara. One day, Sara was walking down the corridor with a pile of clothes that had to be repaired.

At that time, Ermengarde was surprised to see Sara's pale appearance in a strange and smallness dress. Because Ermie was a child who was slow in thinking and shy, she tried to greet Sara at that time.

> *"Then Sara was guilty of an injustice. Just at that moment her torn heart swelled within her, and she felt that if anyone was as stupid as that, one had better get away from her."*
>
> *"What do you think?" she said. "Do you think I am very happy?" And she marched past her without another word."* (Burnett, 2009, p. 77)

Every time Ermengarde asked, Sara would answer curtly and briefly, thus making Ermie even more confused about Sara. Unknowingly Ermie's question offended Sara. Therefore, Sara was even more irritated with Ermengarde. In fact, Sara is actually the one who is embarrassed and upset about her situation. Meanwhile, Ermengarde empathized with Sara at that time. However, Sara ignores it and instead blames Ermie for her ignorance. Projection helps Sara to channel her feelings of resentment over her situation to Ermengarde. After that incident, Sara

actually realized that Ermengarde was not to be blamed.

> *“But the sudden thought which had flashed upon her had made her over-sensitive.*
>
> *"She is like the others," she had thought. "She does not really want to talk to me. She knows no one does."*
>
> *So for several weeks a barrier stood between them. When they met by chance Sara looked the other way, and Ermengarde felt too stiff and embarrassed to speak. Sometimes they nodded to each other in passing, but there were times when they did not even exchange a greeting.*
>
> *"If she would rather not talk to me," Sara thought, "I will keep out of her way. Miss Minchin makes that easy enough."* (Burnett, 2009, p. 77)

Suddenly, Sara thought again that Eremengarde was the same as the other students, not wanting to talk to Sara. Actually, Miss Minchin didn't want Sara to interact with other students either. From Sara's words above, Sara is actually projecting her feelings of insecurity onto Ermengarde, believing that Ermengarde doesn't want to talk to her because she knows that nobody else does. This projection creates a barrier between them and causes Sara to avoid Ermengarde, which ultimately leads to a strained relationship between the two girls. Thus, Sara uses projection to transfer the feelings she doesn't want to admit to Ermangarde. In this case, Projection showed by Sara when she being cold and avoiding Ermie.

2. Level III: Neurotic Defenses

At this level, there are five types of defense mechanisms, including Displacement, Dissociation, Intellectualization, and Reaction Formation. Normally, defense mechanisms at this level are used between the ages of three and ninety. In the novel *A Little Princess* by Frances Hodgson Burnett, Sara also uses three tyopes defense mechanisms at this level to protect her ego or mentality.

a) Displacement

Displacement as a defense mechanism helps divert feelings individual doesn't like to a safer object (Vaillant, 1977). Thus, in this novel Sara uses Displacement as a defense mechanism to transfer her sad feelings to her doll.

> *"Once she stopped before Emily, who sat watching her from her chair, and cried out wildly, "Emily! Do you hear? Do you hear— papa is dead? He is dead in India—thousands of miles away."* (Burnett, 2009, p. 66)

The news of her father's sudden death, made Sara very devastated. On her eleventh birthday, she received news that her father, Captain Crewe, had died. Sara, who was celebrating her birthday at the time, was then notified of the news. Then Sara returned to her room, she saw her doll, Emily, then screamed and told Emily that her father had died. Sara's feelings at that time were of course very broken and sad, there was no one there besides herself and Emily, so Sara chose to transfer her sad feelings to Emily by crying and talking to her doll.

The second data was found by researchers, where Sara returned to vent her feelings of anger at Emily. The Select Seminary's cook gives Sara the task of shopping. The roads were wet and muddy and cold. Sara had walked a very long way from morning to night. Unfortunately, Sara couldn't find the last item the cook asked for, so the cook didn't give Sara dinner. Moreover, Sara slipped while walking and making her body wet and full of mud, she was also laughed at by the people who saw her.

> *"You are nothing but a DOLL!" she cried. "Nothing but a doll— doll—doll! You care for nothing. You are stuffed with sawdust. You never had a heart. Nothing could ever make you feel. You are a DOLL!" Emily lay on the floor, with her legs ignominiously doubled up over her head, and a new flat place on the end of her nose; but she was calm, even dignified. Sara hid her face in her arms.* (Burnett, 2009, p. 97)

Sara, who was tired, cold, and hungry, returned to her room in the attic with a feeling of suffocation. Displacement showed when Sara saw Emily's doll, who was just sitting still, Sara's emotions immediately came out and she channelled her anger towards the doll, by mocking, slamming and snapping at Emily. Sara, who was annoyed with her current condition, chose to pour out her anger on the safer object. Considered a safer object because Emily as a doll would only be silent. Thus, using Displacement as a defense mechanism helps Sara to reduce her feelings of sadness and anger, so she can feel better.

b) Reaction Formation

The other defense mechanism in level III that Sara used is Reaction Formation. As explained in the second chapter, Reaction Formation as a defense mechanism makes individuals do the opposite of what they feel for someone (Vaillant, 1977). In this novel, Sara initially becomes Miss Minchin's favourite student because of her wealth. After Sara's father died, Miss Minchin's treatment of Sara changed. Miss Minchin often scolded Sara over little things.

Normally, when someone is scolded, she will get angry too or show the same reaction. However, in Reaction Formation, individuals will do the opposite. In line with this, Sara in this novel also does a reaction formation. When Sara hears the news of Captain Crewe's death, Sara is sent to see Miss Minchin. Miss Minchin's anger and annoyance at that time had not subsided, so she was annoyed when she saw Sara carrying her doll, Emily. Whenever Miss Minchin spoke harshly, Sara would just quite.

> *"She had always made Miss Minchin feel secretly uncomfortable, and she did so now. She did not speak with rudeness so much as with a cold steadiness with which Miss Minchin felt it difficult to cope-perhaps because she knew she was doing a heartless and inhuman thing*
>
> *Sara kept her big, strange eyes fixed on her, and said not a word*
>
> *For a moment the thin, pale little face twitched, but Sara again said nothing."* (Burnett, 2009, p. 67)

When dealing with Miss Minchin, Sara was more often silent, looked at Miss Minchin, and remained calm, as the data found in the quotation above. Sara's reaction formation was shown by her preferring to remain polite and not impudent, even though Sara always spoke calmly, Miss Minchin felt furious with Sara's attitude. In this case, Sara took a reaction formation because she knew that as the owner of the Select Seminary, Miss Minchin was more powerful, so when Sara remained silent and did not resist, things would be easier.

c) Repression

As a defense mechanism, Repression is suppressing feelings or eliminating thoughts that disturb individuals (Vaillant, 1977). In this novel, Sara uses Repression as a defense mechanism to hide her feelings in order to remain conscious and not panic in sadness. News about death always surprises many people. Some people might even faint at the news. For Sara, who lives in a boarding school and is far from her father, learning of Captain Crewe's death was a great sadness. Sara had no one but her father, and now that his father has died, she is alone, with no relatives.

Her father, Captain Crewe, sent her a letter a few weeks before Sara's eleventh birthday. Captain Crewe tells about his business and plans for Sara's birthday to be celebrated with great pomp and fanfare. However, all the fun ended

when on Sara's birthday, Captain Crewe was reported to have died. Everyone is shocked to hear that. Until the news reached Sara, she immediately returned to her room and locked herself for a moment.

> *Nobody but Sara herself ever knew what had happened in her room after she had run upstairs and locked her door. In fact, she herself scarcely remembered anything but that she walked up and down, saying over and over again to herself in a voice which did not seem her own, "My papa is dead! My papa is dead!"* (Burnett, 2009, p. 66)

> *"My papa is dead!" she kept whispering to herself. "My papa is dead!"* (Burnett, 2009, p. 72)

In the first quote, she repeatedly says "My papa is dead", after hearing her father's death, in the room by locking herself for a moment. In the second quote, Sara also says the same thing when she has to move from her luxurious room to the Attic. As Repression helps to eliminate feelings that bother individuals, in this novel, Repression showed when Sara repeating the words "My papa is dead" as her attempt to repress her sad feelings. Her father's death certainly traumatized her. Sara unconsciously repeated the phrase to suppress the emergence of memories about her father. Coupled with the assertion that, at that time, Sara could hardly remember anything and repeated the word as if it were not her voice. She repeated the word as a form of suppressing her own feelings.

3. Level IV: Mature Defenses

In Mature Defenses, there are five defense mechanisms: altruism, anticipation, humour, suppression, and sublimation. The defense mechanisms at this level is common between the ages of twelve to ninety years old. Related to the novel, Sara as the main character uses some defense mechanisms in this level.

a) Altruism

Altruism as a defense mechanism diverts individual attention from personal worries or fears by helping others (Vaillant, 1977). In this novel, Sara uses altruism as her defense mechanism. Altruism and reaction formation are almost the same, but what differs is the purpose for which they are used. In this novel, when Sara becomes a maid, everyone treats Sara arbitrarily. Sara was sometimes ordered out to buy something. If Sara arrived late or did not find the items she was ordered to, she would be scolded and punished by not being given food.

> *"During the first month or two, Sara thought that her willingness to do things as well as she could, and her silence under reproof, might soften those who drove her so hard. In her proud little heart she wanted them to see that she was trying to earn her living and not accepting charity. But the time came when she saw that no one was softened at all; and the more willing she was to do as she was told, the more domineering and exacting careless housemaids became, and the more ready a scolding cook was to blame her."* (Burnett, 2009, p. 73)

Even though Miss Minchin or the other servants were always cruel, Sara still behaved well and was polite. Sara always fulfils her duties well. Actually, Sara's treatment of being polite and not fighting back had its purpose. As in the quotation above, Sara's attitude is to enable them to treat Sara well as Sara always obeys their orders. This is in line with the goal of Altruism, which treats others as she wants to be treated. Thus, Sara's behavior who always polite in order to get a good treat, showed as Altruism.

The second data was found when Sara was asked to shop many times in one day. It had been raining for several days straight, making the air cold and the roads slippery and foggy. Sara's clothes and shoes were also wet, so she was very cold. Besides, he was also hungry because he didn't have dinner as a punishment from

Miss Minchin. Under such conditions, Sara tried to divert her mind by imagining that she was wearing dry clothes, nice shoes, a thick coat and umbrellas. She also imagined that if he found a sixpence he would use it to buy warm bread and eat it all.

The magic comes when Sara suddenly finds a fourpence note on the street and sees a bakery across the street. However, she was not careless and wanted to ask the owner of the bakery, worried that she might lose money. On her way to the bakery, Sara saw a young homeless person. She was cold and hungry when asked by Sara. At first glance, Sara entered the bakery. Luckily, the bakery owner didn't lose any money, so Sara used the money to buy four warm buns, and the bakery owner gave her six as a bonus.

> *"Sara opened the paper bag and took out one of the hot buns, which had already warmed her own cold hands a little. "See," she said, putting the bun in the ragged lap, "this is nice and hot. Eat it, and you will not feel so hungry."...."She is hungrier than I am," she said to herself. "She's starving." But her hand trembled when she put down the fourth bun. "I'm not starving," she said—and she put down the fifth."* (Burnett, 2009, p. 121)

Sara's condition actually the same as the little beggar's; they are both hungry and cold. However, in Sara's mind, the tramp was hungrier than she was. If she indulged herself, Sara would want to eat all of the bread because Sara was also very hungry after almost half a day of not being fed. However, as can be seen in the quotation above, Sara gave five of her loaves of bread to the tramp. Sara was worried about the beggar when in reality, she was also very hungry, but Sara chose to give five of the six loaves she had. The use of Altruism, in this case, is based on the fact that Sara feels the same way as the beggar. In sum up, Sara also wants to be treated as she treats the homeless person. In this case, Altruism showed when

Sara give the beggar five loaves of bread, she focusing on other needs rather than herself.

b) Suppression

Related to the novel, Suppression as a defense mechanism is showed by Sara when facing Miss Minchin and facing her schoolmates who often bully her in order to control herself. As Vaillant, 1977 explained that Suppression is delaying a reaction not avoiding it. In this novel, the first data found by researchers is when Sara heard the news of her father's death, she was then called to Miss Minchin's room.

> *"When she came into Miss Minchin's sitting room in answer to her summons, her face was white and her eyes had dark rings around them. Her mouth was set as if she did not wish it to reveal what she had suffered and was suffering. She did not look in the least like the rose-colored butterfly child who had flown about from one of her treasures to the other in the decorated schoolroom. She looked instead a strange, desolate, almost grotesque little figure."* (Burnett, 2009, p. 66)

The sudden news made Sara unable to hold back her tears after hearing of Captain Crewe's death. However, circumstances demanded that she remain strong because, on the other hand, Miss Minchin was very angry when she found out that Sara had fallen into poverty without even having any property. The quotation above shows that Sara tried to hold back her sad feelings when she faced Miss Minchin. Sara tries not to show her sadness, which is in accordance with Suppression, namely delaying her reaction so she can control herself. If she did what she wanted, at that time Sara would actually cry, like a normally child. However, Sara prefers to hold back and delay her reaction so that other people don't see her sadness.

The second data is Sara using suppression when Sara was engrossed in reading, but Lottie disturbed her. Lottie is a very cranky little kid at boarding school.

If she cried, she would scream so that no one would be able to comfort her. Until Sara arrived at the Select Seminary and found out about it, she tried to calm Lottie down. When Lottie cried, she would repeatedly say "I have not any mamma". So, Sara tried to calm Lottie by saying that Sara would be a mamma for Lottie. Because Lottie was a bit naughty, at that time she disturbed Sara's peace.

Reading books is Sara's joy that no one can interfere with. As someone who likes to read books, it is very annoying if you are suddenly interrupted in the middle of the story. Lottie did the same for Srra. Lottie wanted to invite Sara to play, so she disturbed Sara, who was already lost in the story from the book she was reading at that time. Sara was surprised when she was suddenly pulled by Lottie.

> *"It makes me feel as if someone had hit me," Sara had told Ermengarde once in confidence. "And as if I want to hit back. I have to remember things quickly to keep from saying something ill-tempered."* (Burnett, 2009, p. 46)

Sara complied with Lottie's request by immediately putting down her book. However, the quote above shows when Sara tells Ermengarde she was very annoyed when Lottie bothered her. Sara felt like she was being hit by someone, and immediately wanted to punch back the person who was bothering her. However, Sara didn’t hit Lottie, so that unwanted things would not happen. Thus, Sara’s act showed a Suppression, where a person delays the reaction to be able to think about the best reaction to give.

The third data was found by the researcher when Sara's friend, Lavinia, often mocked and insulted Sara because she was jealous of Sara. One day, when Sara was telling a story about a diamond mine, Lavinia, who heard about it, immediately scoffed. Actually, Sara had been quite patient with Lvinia's behaviour so far. Sara

would just ignore it. However, at that time, Lottie, her best friend and adopted daughter, was scolded and was about to be slapped by Lavinia.

> *"Well," she said, with some fire, "I should like to slap YOU— but I don't want to slap you!" restraining herself. "At least I both want to slap you—and I should LIKE to slap you—but I WON'T slap you. We are not little gutter children. We are both old enough to know better."* (Burnett, 2009, p. 47)

It turns out that Lavinia has ignored Sara's silence. So, when she found out that Lottie would be hurt, Sara immediately stood up and faced Lavinia. The quote above shows that Sara used Suppression to immediately delay her reaction. Sara actually wanted to slap Lavinia, but she didn't, thinking of the risks behind it. Later, Sara explained that the two of them weren't children anymore, so according to Sara, fighting was just childish. Feeling displeased with Sara's attitude, Lavinia taunted Sara again, which greatly angered Sara.

> *"Sara started toward her. She looked as if she were going to box her ears. Perhaps she was. Her trick of pretending things was the joy of her life. ... She felt the blood rush up into her face and tingle in her ears. She only just saved herself. If you were a princess, you did not fly into rages. Her hand dropped, and she stood quite still a moment. When she spoke it was in a quiet, steady voice; she held her head up, and everybody listened to her."* (Burnett, 2009, p. 47-48)

The quote above shows that when Lavinia mocked her by calling her "royal highness" which referred to Sara's happiness when she pretended to be a princess. Sara shows her pretending to be a princess, and only her best friends know that fantasy, even Sara intends to keep it a secret. When Sara heard Lavinia calling her "royal highness", Sara who heard this, was shocked and wanted to tug at Lavinia's ear, but once again she didn't. Instead, she tried to act calm and hold back her anger.

The fourth data was found to support Sara's statement that she often withholds her reactions to people she doesn't like. When Sara is contemplating with

her doll, Emily, Sara says that while she often doesn't respond to someone she doesn't like; she tries to hold it in more.

> *"As to answering, though," said Sara, trying to console herself, "I don't answer very often. I never answer when I can help it. When people are insulting you, there is nothing so good for them as not to say a word—just to look at them and THINK. Miss Minchin turns pale with rage when I do it, Miss Amelia looks frightened, and so do the girls. When you will not fly into a passion people know you are stronger than they are, because you are strong enough to hold in your rage, and they are not, and they say stupid things they wish they hadn't said afterward. There's nothing so strong as rage, except what makes you hold it in— that's stronger. It's a good thing not to answer your enemies. I scarcely ever do. Perhaps Emily is more like me than I am like myself. Perhaps she would rather not answer her friends, even. She keeps it all in her heart."* (Burnett, 2009, p. 96-96)

Sara showed that she prefers to hold back her reactions when dealing with people she doesn't like or who don't like her. Sara knew there is no point in responding to someone who didn't like us. From the data above, it can be concluded that Sara used Suppression not to avoid problems, but to think of the best solution to settle her affairs with people who didn't like her, which is why she didn't slap and tweak Lavinia or prefer to remain silent when she was scolded by Miss Minchin.

c) Sublimation

Sublimation, as a defense mechanism, in this novel, is used by Sara to change the perspective that was initially not accepted, to become acceptable (Vaillant, 1977). The first data shows that Sara used sublimation to protect herself when she was bullied by Lavinia. Continuing the story when Sara was called "royal highness" by Lavinia, even though she kept it a secret if she liked to pretend to be a princess in front of other students. Sara tried to calm down and answered Lavinia confidently.

> *"It's true," she said. "Sometimes I do pretend I am a princess. I pretend I am a princess, so that I can try and behave like one."* (Burnett, 2009, p. 48)

When Sara's happiness in pretending to be a princess was known by many people, especially Lavinia, who she didn't like, she felt embarrassed. However, Sara bravely replied that her liking to be a princess helped her to act like a princess. Sara's answer made Lavinia furious, but the other students who liked Sara actually supported Sara. When Sara thinks that the stigma about pretending to be a princess is silly, she tries to change the stigma in a positive direction that can be accepted by her surroundings.

In the second data, it was found that Sara used sublimation so she could accept her current situation in the Attic. Sara tried to see the positive side when she lived in the Attic. She was able to see the beautiful side of the Attic when she told Lottie, who was visiting Sara at that time.

> *"It is so little and so high above everything," she said, "that it is almost like a nest in a tree. The slanting ceiling is so funny. See, you can scarcely stand up at this end of the room; and when the morning begins to come I can lie in bed and look right up into the sky through that flat window in the roof. It is like a square patch of light. If the sun is going to shine, little pink clouds float about, and I feel as if I could touch them. And if it rains, the drops patter and patter as if they were saying something nice. Then if there are stars, you can lie and try to count how many go into the patch. It takes such a lot. And just look at that tiny, rusty grate in the corner. If it was polished and there was a fire in it, just think how nice it would be. You see, it's really a beautiful little room."* (Burnett, 2009, p. 84)

The quotation above shows Sara realized the positive side of living in the Attic. The tall face made her feel like she was living in a bird's nest, and the roof tiles with holes in the room made Sara able to see the sky directly and the stars at night. Actually, the situation in Attic was very bad. Sublimation showed by Sara when Sara tried to show Lottie the good side of the Attic, which also her attempts to accept the condition of the Attic.

B. The Causes of the Emergence of Sara's Defense Mechanisms

This sub-chapter explains what causes of Sara's defense mechanisms emerge. In this novel Sara only uses three types of defense mechanisms that are spread over Level II, III, and IV. As a reaction shown, defense mechanisms result from disrupting the individual ego. Vaillant (1977) divides the types of defense mechanisms into four different levels, with the aim of solving the problems experienced by individuals. The problems experienced by individuals so that they bring up their defense mechanisms. In essence, defense mechanisms are used to protect the ego or mental individual.

In *A Little Princess*, Sara uses several types of defense mechanisms spread over three levels: levels II, III, and IV. Sara's use of defense mechanisms is based on several factors. The cause of the emergence of Sara's defense mechanisms is related to data on the types of defense mechanisms that have been found previously by researchers. According to Vaillant (1977), Defense Mechanisms are used to protect one's ego from stressful environments. Still, it cannot be explained why defense "A" appears and not "B" because it relates to individual experience. However, Vaillant (1977) explains that defense mechanisms arise because individuals want to protect themselves from unpleasant thoughts. Related with Vaillant's statement, this research found out some causes of the emergence of Sara's defense mechanisms.

1. Level II (Immature Defenses)

Vaillant (1977) says that individuals who use defense mechanisms at this level usually deal with emotional pressure caused by other people or threat of loss.

Regarding the data that has been found, Sara uses two types of defense mechanisms at level II, namely Fantasy and Projection.

There are some causes of the emergence of Fantasy as defense mechanism. Vaillant & Washington (1992) stated that Fantasy emerged because of the feeling of disappointment, hopelessness, pressure, and escapism from unpleasant events. In the first, Sara fantasizes that she is a soldier and her job as a war, also Ermengarde visits as a part of her adventures. This fantasy emerged because Sara's condition at that time as a maid and servant made her to work forcibly under conditions of hunger and cold, which indirectly made her depressed.

> *"... She worked like a drudge; she tramped through the wet streets, carrying parcels and baskets; she labored with the childish inattention of the little ones' French lessons; as she became shabbier and more forlorn-looking, she was told that she had better take her meals downstairs; she was treated as if she was nobody's concern, and her heart grew proud and sore, but she never told anyone what she felt." (Burnett, 2009, p. 75)*

Sara's condition, who is alone and becomes a maid and servent in Select Seminary, with no power whatsoever, makes her inevitably have to survive to live. Sara's work was tough for a child who was only eleven years old and had just lost his father. Drastic life changes make Sara pressured by the work she has to do. With her position as a servant, Sara couldn't complain about her situation. The data showed that Sara's fantasy about being a Soldier and her job as a part of war, because she is required to do her job; otherwise, Sara will be punished. Another data also found that showed Sara's fantasy about being a soldier and Ermie's visits as a part of adventures.

> *"The truth was that Ermengarde did not know anything of the sometimes almost unbearable side of life in the attic and she had not a sufficiently vivid imagination to depict it for herself. On the rare occasions that she could reach Sara's room she only saw the side of it which was made exciting by things which were "pretended" and stories which were told. Her visits partook of the character of adventures; and*

> *though sometimes Sara looked rather pale, and it was not to be denied that she had grown very thin, her proud little spirit would not admit of complaints. She had never confessed that at times she was almost ravenous with hunger, as she was tonight. She was growing rapidly, and her constant walking and running about would have given her a keen appetite even if she had had abundant and regular meals of a much more nourishing nature than the unappetizing, inferior food snatched at such odd times as suited the kitchen convenience. She was growing used to a certain gnawing feeling in her young stomach..”(Burnett, 2009, p. 136-137)*

The data above shows that Sara struggle with her condition at that time. In Sara’s condition who was very hungry, tired, and cold after doing her job. She always wants to look fine and strong in front of people. Per the statement of Vaillant & Washington (1992), the two data above show that Sara feels pressure caused by other people. Thus, fantasy emerges due to pressure from the people around her, namely Miss Minchin, the other servants, and Ermengarde.

Furthermore, Sara’s fantasy considers the attic to be a place of a story, such as the Bastille, Banquet Hall, Castle, and luxury suite to avoiding depression. After her father's death, Sara had to lives in the Attic, with dark and cold room conditions. Fantasy Sara who thinks of the Attic as the Bastille can be influenced by pressure because of the unfair treatment of Miss Minchin, who told her to move to the Attic and is influenced by the books she has read.

> *"Other people have lived in worse places. Think of the Count of Monte Cristo in the dungeons of the Chateau d'If. And think of the people in the Bastille!"* (Burnett, 2009, p. 80)
>
> *"Oh, yes, yes!" said Sara. "Quite different. It is a banquet hall!"* (Burnett, 2009, p. 146)
>
> *“She suddenly felt so tired—perhaps through want of food—that she sat down on the edge of the bed quite weakly.*
> *".. Suppose— suppose—" And her very weariness was good to her, for her eyes closed and she fell fast asleep.”* (Burnett, 2009, p. 150)
>
> *"If I lived in a castle,"* (Burnett, 2009, p. 137)

Sara knew that the Attic was a terrible place to live. However, Sara couldn't complain about the Attic as her room because this was one thing to be grateful for

rather than being kicked out of Select Seminary. Thus, Sara tries to distract herself from negative thoughts about the Attic by fantasizing. With the condition of the uninhabitable room, Sara indirectly helps her mind not to be depressed by fantasizing that the Attic is the Bastille or The Banquet Hall or fantasizing that the Attic is a castle and a luxurious room. Sara's fantasy about the Attic as the Bastille, Banquet Hall emerged as Sara's attempts to escape from the unpleasant reality abouth the terrible condition of the Attic. Sara's Fantasy about the Attic as a luxurious room and a Castle emerged because she felt hopeless with her condition, who felt hungry, cold, and tired, also the pressure that she wanted to look fine.

Then, Sara's fantasy of becoming a princess. Sara likes to fantasize about being a princess since she is still wealthy, and even though she is a servant and maid at Select Seminary, she still likes to fantasize about being a princess. When Sara was still rich, being a princess always helped her be elegant and polite. When she becomes a serve and maid, a fantasy of being a princess helps her to remain elegant and polite and to escape pressure from the environment and people around her.

Referring to Vaillant & Washington (1992), one of the reasons for the emergence of fantasy is pressure from other people. Thus, the researcher found that Sara's fantasy of being a princess emerged due to pressure from her schoolmates.

> *"Sara started toward her. She looked as if she were going to box her ears. Perhaps she was. Her trick of pretending things was the joy of her life. She never spoke of it to girls she was not fond of. Her new "pretend" about being a princess was very near to her heart, and she was shy and sensitive about it. She had meant it to be rather a secret, and here was Lavinia deriding it before nearly all the school. She felt the blood rush up into her face and tingle in her ears. She only just saved herself."* (Burnett, 2009, p. 47-48)

Lavinia, who was always jealous of Sara, repeatedly taunted Sara at every opportunity. Sara never bothered Lavinia. The ridicule Sara received from the data

above made her fantasize about becoming a princess to control her emotions in front of the other students. This incident was the same as when Sara confronted Miss Minchin.

> *"... It had consoled her through many a bitter day, and she had gone about the house with an expression in her face which Miss Minchin could not understand and which was a source of great annoyance to her, ... Sometimes, when she was in the midst of some harsh, domineering speech, Miss Minchin would find the still, unchildish eyes fixed upon her with something like a proud smile in them. At such times she did not know that Sara was saying to herself:"* (Burnett, 2009, p. 105)

Facing Miss Minchin was never easy for Sara because she always got scolded. The data above shows that when Sara had a hard day and was scolded by Miss Minchin, Sara tried to fantasize about being a princess to control herself. The pressure from Miss Minchin, who always scolded Sara, made Sara's fantasy of becoming a princess appear. In addition, other data was found when Sara met a beggar on the street.

> *"Just to look at her made Sara more hungry and faint. But those queer little thoughts were at work in her brain, and she was talking to herself, though she was sick at heart."* (Burnett, 2009, p. 120)

The data above shows that Sara feels what beggars on the street feel, which causes Sara to fantasize about becoming a princess because a princess always helps her people. Thus, seeing a beggar at that time made him fantasize about doing good by sharing his food. From some of the data above, it can be concluded that the Fantasy of Sara becoming a princess arose because of pressure from the people around her who demanded that Sara do good things like a princess.

Apart from being pressured by the people around him, Fantasy also appears because of feelings of disappointment and hopelessness in her condition (Vaillant & Washington, 1992). Being a servant and maid at Sara's age is certainly not easy

and unwanted. This made Sara think about many things about her future.

> *"When he had gone Sara stood in the middle of her attic and thought of many things his face and his manner had brought back to her…. She knew what Miss Minchin intended that her future should be. So long as she was too young to be used as a regular teacher, she would be used as an errand girl and servant and yet expected to remember what she had learned and in some mysterious way to learn more. … That was all there seemed to be to look forward to, and Sara stood quite still for several minutes and thought it over. Then a thought came back to her which made the color rise in her cheek and a spark light itself in her eyes. She straightened her thin little body and lifted her head."* (Burnett, 2009, p. 104)

The data showed that she fantasized about being a princess because she was thinking about her future. Sara believes that as She gets older, she is still becoming an errand girl and servant. Living alone and thinking about her future makes Sara discouraged and disappointed. However, that's what made Sara's fantasy of becoming a princess appear to entertain her ego. Thus, according to the statement of Vaillant & Washington (1992), Sara's fantasy of becoming a princess arose because of feelings of disappointment and hopelessness.

The other data found that Sara fantasizes about being a princess because she wants to escape a situation or reality that she doesn't like or is painful. Sara, Ermengearde, and Becky gather in Sara's room after Ermie says she has plenty of food.

> *"I'll tell you what, Sara," she said. "Pretend you are a princess now and this is a royal feast."* (Burnett, 2009, p. 146-147)

The data showed that Sara, Ermengarde, and Becky pretended to have a party, and Sara was told to pretend to be a princess. At that time, fantasy emerged as her escape from the unpleasant reality and events after Becky got scolded by Miss Minchin and Sara's condition who are hungry and cold, which is related to Vaillant & Washington's (1992) statement.

Sara also fantasized about wearing nice clothes. When Sara has to shop outside in the cold weather, Sara can't wear proper or comfortable clothes. Being a maid and servant makes her have to deal with sufficient items. With the cold weather, the streets were wet after the rain, Sara only wore makeshift clothes, and her shoes were worn out. Sara's clothes were already soaked because she was told to go outside several times.

> *"For several days it had rained continuously; the streets were chilly and sloppy and full of dreary, cold mist; there was mud everywhere—sticky London mud—and over everything the pall of drizzle and fog. Of course there were several long and tiresome errands to be done—there always were on days like this—and Sara was sent out again and again, until her shabby clothes were damp through. The absurd old feathers on her forlorn hat were more draggled and absurd than ever, and her downtrodden shoes were so wet that they could not hold any more water. Added to this, she had been deprived of her dinner, because Miss Minchin had chosen to punish her. She was so cold and hungry and tired that her face began to have a pinched look, and now and then some kind-hearted person passing her in the street glanced at her with sudden sympathy. But she did not know that. She hurried on, trying to make her mind think of something else. It was really very necessary. Her way of doing it was to "pretend" and "suppose" with all the strength that was left in her. But really this time it was harder than she had ever found it, and once or twice she thought it almost made her more cold and hungry instead of less so. But she persevered obstinately, and as the muddy water squelched through her broken shoes and the wind seemed trying to drag her thin jacket from her, she talked to herself as she walked, though she did not speak aloud or even move her lips."* (Burnett, 2009, p. 117-118)

When Sara's tired, cold, and hungry condition, she tried to divert her mind so she wouldn't feel it. As Sara stated in the data above that she tried to think of something else. Thus, Sara tried to fantasize that she was wearing dry clothes, a thick jacket, nice, long shoes, plus a big umbrella. Therefore, it can be concluded that the fantasy used by Sara, in this case, emerge as her escape from the unpleasant reality that she faced, namely hunger and cold. Thus, by fantasizing, tried to distract her mind, so she could survive the suffering that she was experiencing.

Apart from using fantasy, Sara also uses projection. Vaillant & Washington (1992) stated that Projection emerged because of the conflict that being internalized

and projected to the real world, also emerged because of the feelings of anxiety or fear about the self. The projection used by Sara, according to the data in the previous analysis, is the result of her difficulty admitting negative thoughts within herself, so she blames other people. Sara, who met Ermengarde then, felt annoyed and chose to leave her.

> *"In course of time she realized that if her wretchedness had not made her forget things, she would have known that poor, dull Ermengarde was not to be blamed for her unready, awkward ways. She was always awkward, and the more she felt, the more stupid she was given to being."* (Burnett, 2009, p. 77)

In fact, Sara realized that what she had done to Ermengarde had gone too far. Sara's current condition was not Ermengarde's fault. However, Sara still doesn't want to admit that she feels ashamed and afraid of her current condition, especially when she has to face her best friend, Ermengarde. In this case, it could be said that Sara was worried about herself, thinking that no one wanted to talk to her. The condition of Sara, who at that time had become a maid, put a lot of pressure on herself. Thus, Projection showed by Sara becaused she felt insecure or fear about her current condition when she saw Ermengarde, so she projected her feelings for Ermengarde.

2. Level III (Neurotic Defenses)

At level III, Sara uses three types of defense mechanisms, namely Displacement, Reaction formation, and Repression. In this level, Vaillant (1977) says that the defense mechanisms that arise at this level are used as a way to avoid anxiety, guilt or shame. Based on this statement, Sara, in this novel, uses displacement to redirect her emotions to a safer object; in this case, the safer object is her doll, Emily.

Sara used displacement on Emily to channel her frustration of her conditions. When Sara knew the news of her father's death, Captain Crewe, she returning to the room. Sara saw her doll, Emily, and started screaming and crying.

> *"Once she stopped before Emily, who sat watching her from her chair, and cried out wildly, "Emily! Do you hear? Do you hear— papa is dead? He is dead in India—thousands of miles away."* (Burnett, 2009, p. 66)

His father's death, who was far from her, made her feel guilty for not being able to accompany her father when he was sick. Thus, she channelled her guilt to Emily. Another data also found when Sara's condition, which changed drastically, forced her to adapt quickly. When she didn't get food because she was punished with a wet and cold body condition, People also laughed at Sara because she slipped while walking on the slippery streets with worn shoes.

> *"I can't bear this," said the poor child, trembling. "I know I shall die. I'm cold; I'm wet; I'm starving to death. I've walked a thousand miles today, and they have done nothing but scold me from morning until night. And because I could not find that last thing the cook sent me for, they would not give me any supper. Some men laughed at me because my old shoes made me slip down in the mud. I'm covered with mud now. And they laughed. Do you hear?"* (Burnett, 2009, p. 96)

After that incident, Sara returned to her room, the Attic, feeling still angry, annoyed, and tired. Arriving at Sara's room, she saw Emily sitting quietly. Then, Sara immediately took out her anger on Emily by slamming the doll to the floor. Thus, Displacement as a defense mechanism was used by Sara emerged because she was frustrated and embarrassed by her current situation. Thus, she channelled her emotions into Emily.

In this novel, Sara also used Reaction Formation as her defense mechanism. Reaction formation as a defense mechanism “includes overtly caring for someone else when one wishes to be cared for oneself, "hating" someone or something one really likes, or "loving" a hated rival or unpleasant duty” (Vaillant, 1977). In

previous analysis, the researcher found that Sara using Reaction Formation to helps Sara when meeting with Miss Minchin, who called Sara to her room after the news of Captain Crewe's death.

> *"Put down your doll," said Miss Minchin. "What do you mean by bringing her here?"*
>
> *"No," Sara answered. "I will not put her down. She is all I have. My papa gave her to me."*
>
> *"… She did not speak with rudeness so much as with a cold steadiness with which Miss Minchin felt it difficult to cope…"* (Burnett, 2009, p. 67)

Miss Minchin is more powerful in this situation. As the owner of Select Seminary, Miss Minchin can do anything. He showed his cruel nature to Sara after learning that Sara had no inheritance or relatives. Without any power to support Sara, using Reaction Formation was the right choice to avoid feeling uncomfortable so that Sara's self-esteem was maintained. This is in accordance with Vaillant & Washington (1992) statement that Reaction Formation arises due to discomfort or anxiety and efforts to maintain self-esteem. Thus, Sara's reaction formation appeared because she felt uncomfortable dealing with Miss Minchin, as well as Sara's efforts to maintain her self-esteem.

Sara also uses defense mechanism Repression. According to the book Adaptation to Life, Repression becomes the prototype of all adaptive mechanisms, with the concept "if you cannot bear it, forget it." (Vaillant, 1977). In this novel, Sara uses Repression when she has to face the shocking news of her father's death.

> *"Nobody but Sara herself ever knew what had happened in her room after she had run upstairs and locked her door. In fact, she herself scarcely remembered anything but that she walked up and down, saying over and over again to herself in a voice which did not seem her own, "My papa is dead! My papa is dead!"* (Burnett, 2009, p. 66)
>
> *"My papa is dead!" she kept whispering to herself. "My papa is dead!"* (Burnett, 2009, p. 72)

In that position, Repression made Sara keep repeating, "My papa is dead." Vaillant (1977) explains that Repression appears as a response to feelings of discomfort, such as fear, shame, or anxiety associated with memories or impulses that cannot be accepted consciously. The repetition of the sentence "My papa is dead" represents Sara's mixed feelings, such as sadness, surprise, anxiety, and fear. Her father's death made Sara's thoughts and feelings chaotic then. Thus, Sara's Repression arises because of the uncomfortable feeling that Sara feels to suppress or prevent the emergence of memories about her father when he was still alive.

3. Level IV (Mature Defenses)

Vaillant (1977) stated that the defense mechanisms at this level are more mature and adaptive, which is shown by individuals being able to accept and tolerate frustration and anxiety which arise to “anticipatory feelings of distress”. Sara uses three types of defense mechanisms, namely Altruism, Suppression and Sublimation. According to Vaillant (1977), Altruism appears as a way for individuals to avoid anxiety by focusing on the needs of others rather than themselves. In addition, according to Vaillant (1993), Altruism also arises because of the individual's desire to receive affection and recognition from others, relieve feelings of guilt or shame, and genuine concern.

In this novel, related to Altruism, Sara prefers to continue to be kind even though she is often yelled at, ordered around, and punished by the Select Seminary’s cook. Sara's goal in remaining polite was for those who were rude to her to turn nice. Sara sacrificed her comfort and personal desires to show kindness and courtesy to those who mistreated her.

> *"During the first month or two, Sara thought that her willingness to do things as well as she could, and her silence under reproof, might soften those who drove her so hard. In her proud little heart she wanted them to see that she was trying to earn her living and not accepting charity."* (Burnett, 2009, p. 73)

As Sara tries to keep working hard and always being polite, she hopes others will know about her efforts. This is in accordance with the statement of Vaillant (1993) that altruism arises because individual desire to receive affection and recognition from others. Therefore, Altruism that Sara used emerged because she wants to get affection and recognition from others for what she has done.

Next, Sara uses Altruism by giving five of her six loaves of bread to the homeless. In fact, Sara was also very hungry and cold at that time. However, she chose to give her bread to the beggar with the assumption that if she were a princess, she would share it with her people.

> *"It was a little figure more forlorn even than herself—a little figure which was not much more than a bundle of rags, from which small, bare, red muddy feet peeped out, only because the rags with which their owner was trying to cover them were not long enough. Above the rags appeared a shock head of tangled hair, and a dirty face with big, hollow, hungry eyes.*
>
> *Sara knew they were hungry eyes the moment she saw them, and she felt a sudden sympathy."* (Burnett, 2009, p. 119)

Sara was worried about the beggar's condition because in her mind, the beggar was hungrier than herself. Sara's sympathy for the little beggar shows she feels sorry for the little beggar. On the other hand, Sara is also worried about the condition of the little beggar. In this case, Altruism can be seen as the result of Sara's worry or anxiety because she also feels the suffering experienced by the homeless person can also be seen as a sincere concern.

Apart from Altruism, Sara also uses Suppression as her defense mechanism. According to Vaillant (1977), suppression arises because individuals want to hold back or suppress unwanted thoughts, feelings, or actions to maintain self-esteem

and avoid conflict. This is because individuals feel insecure and uncomfortable expressing their emotions. Based on that, Sara's Suppression was in the form of restraining herself from acting rashly. The first Suppression quelled her sadness when she confronted Miss Minchin after the news of her father's death.

> *"When she came into Miss Minchin's sitting room in answer to her summons, her face was white and her eyes had dark rings around them. Her mouth was set as if she did not wish it to reveal what she had suffered and was suffering. She did not look in the least like the rose-colored butterfly child who had flown about from one of her treasures to the other in the decorated schoolroom. She looked instead a strange, desolate, almost grotesque little figure."* (Burnett, 2009, p. 66)

Sara chose to hide her sadness when she faced Miss Minchin. Sara wanted to maintain her dignity by showing that she was a strong and tough child by not crying in front of Miss Minchin. Sara used Suppression to contain her sad feelings. Thus, Suppression emerged because Sara wanted to suppress unwanted actions to maintain her self-esteem, so indirectly, she put herself under pressure that required her to look tough.

Furthermore, Suppression was used by Sara against Lottie and Lavinia. In Lottie, Sara used Suppression because she was disturbed by Lottie while she was reading her favourite book. In Lavinia, Sara uses Suppression because Lavinia often mocks Sara for what Sara did. Thus, Sara also disliked Lavinia.

> *"It happened that Lottie had been seized with a sudden desire to play in the schoolroom, and had begged her adopted parent to come with her. She joined a group of little ones who were playing in a corner. Sara curled herself up in the window-seat, opened a book, and began to read ..."*
> *"She was so far away from the schoolroom that it was not agreeable to be dragged back suddenly by a howl from Lottie. Never did she find anything so difficult as to keep herself from losing her temper when she was suddenly disturbed while absorbed in a book. People who are fond of books know the feeling of irritation which sweeps over them at such a moment. The temptation to be unreasonable and snappish is one not easy to manage."* (Burnett, 2009, p. 45-46)

The first data showed that Sara was shocked and irritated when Lottie disturbed her while reading a book. Sara loved reading books, and book lovers hated

it when she was disturbed while reading. Lottie didn't think about Sara's condition then, so she immediately pulled Sara, sitting and reading a book. Sara wanted to get angry and hit Lottie at that time, but she endured it because Sara avoided unwanted things. Other data is also found when Sara is harassed by Lavinia, who taunts Sara.

> *"Sara got up quickly on her feet. It must be remembered that she had been very deeply absorbed in the book about the Bastille, and she had had to recall several things rapidly when she realized that she must go and take care of her adopted child. She was not an angel, and she was not fond of Lavinia.…When she spoke it was in a quiet, steady voice; she held her head up, and everybody listened to her." (Burnett, 2009, p. 47-48)*

The second data shows that Sara mocked by Lavinia, and Sara wanted to slap Lavinia and box Lavinia's ears several times, but Sara didn't do it, and it was better to hold her back. In fact, Sara was very fed up with Lottie and Lavinia's behavior, but on the other hand, Sara's image was good at school. Therefore, related to Vaillant (1977), suppression, in this case, emerged because of the pressure that Sara had good image in Lottie's sight and other students in Select Seminary, causing her to hold back her reaction to prevent unwanted actions to protect her self-esteem.

Apart from Altruism and Suppression, Sara also uses Sublimation as a defense mechanism. According to Vaillant (1977), Sublimation arises because of feelings of discomfort and demands from the environment so that their behaviour is accepted in society. Based on the data and analysis, the researcher found two pieces showing Sara's use of Sublimation. The first sublimation is used against Lavinia who taunts her for her "royal highness" (referring to Sara's joy of being a Princess).

> *"Ah, yes, your royal highness," she said. "We are princesses, I believe. At least one of us is. The school ought to be very fashionable now Miss Minchin has a princess for a pupil." (Burnett, 2009, p. 47)*

> *"It's true," she said. "Sometimes I do pretend I am a princess. I pretend I am a princess, so that I can try and behave like one." (Burnett, 2009, p. 48)*

Sara, who felt humiliated by Lavinia, felt uncomfortable and embarrassed because Lavinia said this in front of their schoolmates at that time. Thus, Sara used Sublimation to protect her pride in front of the other students. Meanwhile, the Sublimation used by Sara, in this case, arose due to the pressure from Lavinia, who mocked her, and other friends who saw Sara and Lavinia fighting. This is in accordance with Vaillant & Washington (1992) that Sublimation arises because of feelings of discomfort or urges that cannot be satisfied, which are then diverted to more productive and socially acceptable activities.

The second data shows that sublimation was used to enable Sara to see beautiful things in the attic. The condition of Sara, who has to live in the Attic, with a very uninhabitable room, made her have to think of a way so she could live there. Lottie's visit made Sara realize the positives of living in the Attic.

> *"Lottie was so delighted that she quite forgot her first shocked impression of the attic. In fact, when she was lifted down from the table and returned to earthly things, as it were, Sara was able to point out to her many beauties in the room which she herself would not have suspected the existence of." (Burnett, 2009, p. 84)*

The Attic's deplorable conditions made Sara feel depressed when she lived there. Thus, when Lottie visited, Sara tried to portray the Attic through a positive side, so that Lottie would not be sad to see the condition of Sara's room but, on the other hand, also to change Sara's view of the Attic. Sara uses Sublimation to confirm that there is always something good behind the bad things that happen, so the Attic, which was initially unacceptable because of bad condition, becomes acceptable. Therefore, Sublimation that Sara's used in two data above emerged because of the feeling of discomfort or pressure that Sara faced when she had to protect her self-esteem and live in the attic with inadequate room conditions.

CHAPTER V
CONCLUSION AND SUGGESTION

This chapter contains a conclusion and suggestion. Conclusions are taken from the analysis of the previous chapter, findings and discussion as answers to research questions. Furthermore, it contains suggestions from the researcher for the readers and the following researchers.

A. Conclusion

A Little Princess by Frances Hodgson Burnett is a novel about the life struggles of a seven-year-old girl named Sara Crewe. In facing various problems in life that disturb her mentally or emotionally, Sara Crewe, as the main character, used Defense Mechanisms based on George Eman Vaillant's Defense Mechanisms theory. Sara uses Defense Mechanism to protect her mental, emotional, and self-esteem. Thus, Vaillant's theory of Defense Mechanisms is suitable for analyzing the types and causes of the emergence of the defense mechanisms used by Sara Crewe.

Sara Crewe uses eight of eighteen types of defense mechanisms spread across levels II, III, and IV. At level II, Sara uses two types of defense mechanisms, namely Fantasy used by Sara when facing difficulties and Projection used by Sara to Ermengarde. At Level III, Sara uses three types of defense mechanisms, namely Displacement used by Sara on her doll, Emily, Reaction Formation used to face Miss Minchin and other servants, and Repression used on herself after knew the news of her father's death. At level IV, Sara uses three types of defense mechanisms:

Altruism to deal with a little beggar and other servants, Suppression to face Miss Minchin, Lavinia, and Lottie, and Sublimation is used to face Lavinia and Lottie.

There are some events that caused Sara to use Defense Mechanisms. At level II, defense mechanisms in Fantasy and Projection emerge because Sara feels pressured, escapism, hopeless, disappointment, and fear. At Level III, defense mechanisms in the form of Displacement, Reaction Formation, and Repression emerged because Sara felt guilty, frustrated and embarrassed, and discomfort. At level IV, defense mechanisms in the form of Altruism, Suppression, and Sublimation emerge because of the desire to receive affection and recognition from others, genuine concern, avoiding unwanted actions, and discomfort and pressure.

B. Suggestion

This research focuses on the main character's use and the emergence of Defense Mechanisms in facing her problems in her life. However, this does not rule out the possibility of conducting research with different topics using the novel *A Little Princess* as the research object. As this research is classified as psychoanalysis, further research can use other approaches such as socio-analysis, structuralism, or feminism. Furthermore, for further researchers who are interested in using the Defense Mechanisms theory in this study, the researcher suggest further developing Defense Mechanisms in terms of the relationship between defense mechanisms and mental health development.

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