

**MAIN CHARACTER'S ANXIETY AND DEFENSE
MECHANISM IN LIPPINCOTT'S *FIVE FEET APART***

THESIS

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FACULTY OF HUMANITIES

UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG

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MECHANISM IN LIPPINCOTT'S *FIVE FEET APART***

THESIS

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Malang, 20 Desember 2024

The researcher



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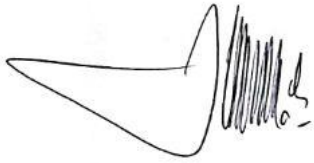
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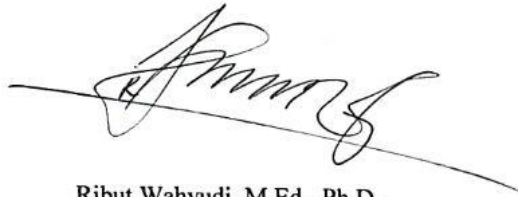
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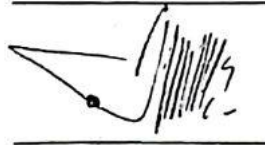
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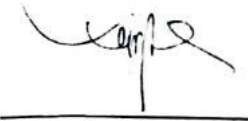
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MOTTO

“I believe people who paint their dreams become more like them. I believe I’m where I am now and will achieve my future dreams thanks to always drawing them.” Park Jimin, BTS

DEDICATION

I dedicate this precious thesis to the precious people in my life: especially myself (Afiatus Sonya Anasagoras) who was finally able to complete this thesis well, my beloved mother (Almh. Ngatimah), my beloved father (Abdul Wahid), my beloved brother (Alfito Deanova Issac Alfarros) and for all people who never give up whenever it feels hard.

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This research could not have been completed without the involvement and support of all the people around me. Therefore, I am very grateful to thank my supervisor Dr. Siti Masitoh, M. Hum. who has taken the time to correct, guide, and provide suggestions and criticism of this thesis. The researcher would also like to express her deepest gratitude to:

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ABSTRACT

Anasagoras, Afiatus Sonya (2024). *Main Character's Anxiety and Defense Mechanism in Lippincott Five Feet Apart*. Undergraduate Thesis, Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Dr. Siti Masitoh, M.Hum.

Key word: Main Character, Novel, Anxiety, Defense Mechanism

Mental illness (anxiety) can occur in adolescents because at this age humans have quite a heavy burden on their minds. Anxiety is one of the diseases that can also occur in the human body. In addition to physical illness, mental illness such as (anxiety) is sometimes difficult for us to see with the naked eye. Every human being must also have various mental health and mental health also arises from various factors. Therefore, October 10 is commemorated as Mental Health Day. Like the mental health experienced by Stella Grant in the novel *Five Feet Apart* by Rachael Lippincott. In this study, the researcher focuses on analyzing anxiety and defense mechanisms that occur in the main character Stella Grant in the novel *Five Feet Apart* by Rachael Lippincott as the object of analysis. Stella's anxiety occurs because she suffers from a deadly disease, namely Cystic Fibrosis. Then to regulate the anxiety that Stella experiences, she also forms a defense mechanism to reduce her anxiety and how the defense mechanism releases Stella's anxiety. This study uses a psychological approach using the theory of anxiety and defense mechanisms proposed by Sigmund Freud. Therefore, this study aims to 1) To find out the symptoms of anxiety experienced by Stella 2) To find out the defense mechanisms used by Stella to overcome her anxiety, and 3) Analyze how the defense mechanism releases Stella's anxiety in the novel *Five Feet Apart* by Rachael Lippincott. In this case, Stella Grant experiences anxiety due to Cystic Fibrosis which makes her have to live with high health risks. This anxiety arises from her fear of death and losing control over herself. However, Stella Grant uses defense to overcome the anxiety she experiences. In the results of this study, the researcher found several symptoms of anxiety experienced by Stella, namely nervous, worry about something, worry about trivial things, sweat a lot, shaken behavior, feeling weak, inherent and dependent behavior, confused, difficult breathing, and heart palpitations. Then the researcher also found the defense mechanisms used by Stella Grant were denial, displacement, rationalization, reaction formation, sublimation, and regression. Therefore, defense mechanisms can help Stella Grant to reduce the anxiety she faces. And the last is how defense mechanisms release Stella's anxiety. The first is denial helps reduce Stella's sadness over all the losses she experiences. The second is regression, which helps Stella reduce her anxiety by acting more childish. The third is sublimation, which helps divert Stella's emotional energy by making it easier for her to bear the burden of her physical and emotional pain. The fourth is reaction formation, which helps Stella avoid deep fears of loss and vulnerability. The fifth is rationalization, which focuses on logical reasons to help reduce her anxiety. And finally, displacement is a diversion from Stella's anxiety.

مستخلص البحث

أناساغوراس، أفياتوس سونيا (2024). قلق الشخصية الرئيسية وآلية الدفاع في رواية "خمسة أقدام منفصلة" لـ لبيبيكوت. أطروحة جامعية، قسم الأدب الإنجليزي، كلية العلوم الإنسانية، جامعة إسلام نيجري مولانا مالك إبراهيم مالانج. المشرف: الدكتورة سيتي ماسيتوه، ماجستير في الآداب.

الكلمات المفتاحية: الشخصية الرئيسية، الرواية، القلق، آلية الدفاع

يمكن أن يحدث المرض العقلي (القلق لدى المراهقين لأن البشر في هذا العمر لديهم عبء ثقيل على عقولهم. القلق هو أحد الأمراض التي يمكن أن تحدث أيضًا في جسم الإنسان. بالإضافة إلى المرض الجسدي، فإن المرض العقلي مثل) القلق (يصعب علينا أحيانًا رؤيته بالعين المجردة. يجب أن يكون لدى كل إنسان أيضًا صحة نفسية مختلفة والصحة العقلية تنشأ أيضًا من عوامل مختلفة. لذلك، يتم الاحتفال بيوم 10 أكتوبر باعتباره يوم الصحة العقلية. مثل الصحة العقلية التي عاشتها ستيليا جرانت في رواية *Five Feet Apart* لراشيل لبيبيكوت. في هذه الدراسة، تركز الباحثة على تحليل القلق وآليات الدفاع التي تحدث لدى الشخصية الرئيسية ستيليا جرانت في رواية *Five Feet Apart* لراشيل لبيبيكوت كموضوع للتحليل. يحدث قلق ستيليا لأنها تعاني من مرض مميت، ألا وهو التليف الكيسي. ثم لتنظيم القلق الذي تعاني منه ستيليا، فإنها تشكل أيضًا آلية دفاع لتقليل قلقها وكيف تطلق آلية الدفاع قلق ستيليا. تعتمد هذه الدراسة على منهج نفسي يعتمد على نظرية القلق وآليات الدفاع التي اقترحها سيجموند فرويد، لذلك تهدف هذه الدراسة إلى (1: معرفة أعراض القلق التي تعاني منها ستيليا (2: معرفة آليات الدفاع التي تستخدمها ستيليا للتغلب على قلقها، و (3: تحليل كيفية إطلاق آلية الدفاع لقلق ستيليا في رواية *Five Feet Apart* لراشيل لبيبيكوت. في هذه الحالة، تعاني ستيليا جرانت من القلق بسبب التليف الكيسي مما يجعلها مضطربة للعيش مع مخاطر صحية عالية. ينشأ هذا القلق من خوفها من الموت وفقدان السيطرة على نفسها. ومع ذلك، تستخدم ستيليا جرانت الدفاع للتغلب على القلق الذي تعاني منه. في نتائج هذه الدراسة، وجد الباحث عدة أعراض للقلق تعاني منها ستيليا، وهي العصبية، والقلق بشأن شيء ما، والقلق بشأن أشياء تافهة، والتعرق الشديد، والسلوك المرتجف، والشعور بالضعف، والسلوك المتأصل والتبعي، والارتباك، وصعوبة التنفس، وخفقان القلب. ثم وجد الباحث أيضًا أن آليات الدفاع التي تستخدمها ستيليا جرانت هي الإنكار، والنزوح، والتبرير، وتكوين رد الفعل، والتسامي، والانحدار. وبالتالي، يمكن لآليات الدفاع أن تساعد ستيليا جرانت في تقليل القلق الذي تواجهه. والأخير هو كيف تطلق آليات الدفاع قلق ستيليا. الأول هو الإنكار الذي يساعد في تقليل حزن ستيليا على كل الخسائر التي تمر بها. والثاني هو الانحدار، الذي يساعد ستيليا في تقليل قلقها من خلال التصرف بشكل أكثر طفولية. والثالث هو التسامي، الذي يساعد على تحويل طاقة ستيليا العاطفية من خلال تسهيل تحملها لثقل ألامها الجسدية والعاطفية. والرابع هو تكوين رد الفعل، الذي يساعد ستيليا على تجنب المخاوف العميقة من الخسارة والضعف. والخامس هو التبرير، الذي يركز على الأسباب المنطقية للمساعدة في تقليل قلقها. وأخيرًا، النزوح هو تحويل عن قلق ستيليا

ABSTRAK

Anasagoras, Afiatus Sonya (2024). Kecemasan dan Mekanisme Pertahanan Tokoh Utama dalam *Five Feet Apart* karya Lippincott. Skripsi Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Dr. Siti Masitoh, M.Hum.

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

Penyakit mental (kecemasan) dapat terjadi pada remaja karena pada usia ini manusia memiliki beban pikiran yang cukup berat. Kecemasan merupakan salah satu penyakit yang juga dapat terjadi pada tubuh manusia. Selain penyakit fisik, penyakit mental seperti (kecemasan) terkadang rumit untuk kita lihat dengan kasat mata. Setiap manusia pasti juga mempunyai bermacam-macam kesehatan mental dan kesehatan mental itu juga muncul dari berbagai macam faktor. Oleh karena itu, tanggal 10 Oktober diperingati sebagai Hari Kesehatan Mental. Seperti halnya kesehatan mental yang dialami oleh Stella Grant yang ada di novel *Five Feet Apart* karya Rachael Lippincott. Dalam penelitian ini, peneliti memfokuskan menganalisis kecemasan dan mekanisme pertahanan diri yang terjadi pada karakter utama Stella Grant yang ada di novel *Five Feet Apart* karya Rachael Lippincott sebagai objek analisis. Yang mana kecemasan Stella terjadi karena dia menderita penyakit yang mematikan yaitu Cystic Fibrosis. Lalu untuk mengatur kecemasan yang Stella alami, dia juga membentuk mekanisme pertahanan untuk mengurangi kecemasannya serta bagaimana mekanisme pertahanan melepaskan kecemasan Stella. Penelitian ini menggunakan pendekatan psikologis dengan menggunakan teori kecemasan dan mekanisme pertahanan diri dari Sigmund Freud. Oleh karena itu, penelitian ini bertujuan untuk 1) Untuk mengetahui gejala kecemasan yang dialami oleh Stella 2) Untuk mengetahui mekanisme pertahanan yang digunakan Stella untuk mengatasi kecemasannya dan 3) Menganalisis tentang bagaimana mekanisme pertahanan diri melepaskan kecemasan Stella di novel *Five Feet Apart* karya Rachael Lippincott. Dalam hal ini, Stella Grant mengalami kecemasan karena penyakit Cystic Fibrosis yang membuatnya harus hidup dengan resiko kesehatan yang tinggi. Kecemasan ini muncul dari ketakutannya akan kematian dan kehilangan kontrol atas dirinya. Namun, Stella Grant menggunakan pertahanan diri untuk mengatasi kecemasan yang dialaminya. Hasil dari penelitian ini, peneliti menemukan beberapa gejala kecemasan yang dialami Stella yaitu gugup, khawatir akan sesuatu, khawatir terhadap hal sepele, banyak berkeringat, perilaku terguncang, merasa lemah, perilaku melekat dan bergantung, bingung, sulit bernafas, dan jantung berdebar. Lalu peneliti juga menemukan mekanisme pertahanan yang digunakan oleh Stella Grant adalah penyangkalan, pemindahan, rasionalisasi, reaksi formasi, sublimasi, dan regresi. Maka dari itu, mekanisme pertahanan dapat membantu Stella Grant untuk mengurangi kecemasan yang dihadapinya. Serta yang terakhir adalah bagaimana mekanisme pertahanan melepaskan kecemasan Stella. Yang pertama adalah denial membantu mengurangi kesedihan Stella atas semua kehilangan yang dialaminya. Yang kedua adalah regression membantu Stella mengurangi kecemasan dengan berperilaku lebih keanak-kanakan. Yang ketiga adalah sublimasi, yang membantu mengalihkan energi emosional Stella dengan membuatnya lebih mudah menanggung beban rasa sakit fisik dan emosionalnya. Yang keempat adalah reaction formation membantu Stella menghindari ketakutan mendalam akan kehilangan dan kerentanan. Yang kelima adalah rasionalisasi, yang berfokus pada alasan-alasan logis untuk membantu mengurangi kecemasannya. Dan yang terakhir, displacement adalah pengalihan perhatian dari kecemasan yang dialami Stella.

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CHAPTER I

INTRODUCTION

In this section, the researcher discusses the introduction of this research. This section covers the background of the study, the problems of the study, the significance of the study, the scope and limitations of the study, and the definitions of key terms. In this chapter, the researcher also mentions several previous studies.

A. Background of The Study

Mental illness (anxiety) can occur in teenagers because this age, human beings to have a hefty burden of thought. Some of the symptoms when a teenager experiences anxiety is when one feels restless, not excited, tired, irritable, have sleep disorders, and many more (Kemenkes, 2022). Anxiety is a disease that can also occur in the human body. In addition to physical illness, mental illness such as (anxiety) is sometimes complex for us to see with the naked eye. Sometimes mental illness just haunts the minds of people who experience it. A person with mental illness may not realize that they are experiencing an unhealthy state. As a teenager heading into adulthood, the researcher has experienced many anxiety-related things. For example, the researcher is afraid or not confident when speaking in public because there is too much anxiety thinking in the brain that the researcher cannot speak in

public for fear of being wrong. So that these anxieties can make one unable to believe in himself.

Mental health problems in adolescents are hazardous if not handled properly. Later a teenager will not be able to maintain a stable emotional state. It can be known, that today many teenagers have mental health problems. For example, the news that has been discussed recently is about a student who has committed suicide from the top floor of a hotel in Yogyakarta (Kompas.com Citra M.R. , 2022). After being investigated, it turned out that the student had a very severe psychological history. He has a mental health disorder that may no longer be resolved, causing unnatural thoughts by doing things that are not good, namely suicide.

Therefore, some mental health problems have claimed many victims and not only occur in real life but are also depicted in literary works. One of the literary works is a novel. To find out what happens to the main character in the novel can be seen from the narrative or conversation in the novel. For example, the main character in the novel is experiencing anxiety.

Thus, October 10 is commemorated as Mental Health Day (World Health Organization, 2022). This is commemorated every year so that everyone can all take better care of our mental health to always be in good condition and be more aware of the mental health of those closest to us. Having excessive anxiety is also very bad and dramatically affects the way people think. Many teenagers have a high level of anxiety because the times are increasingly

modern and get a lot of outside influences. By having anxiety, our brains also work indirectly as a defense mechanism.

Defense mechanisms are psychological strategies unconsciously used to protect a person from anxiety. Anxiety can arise from unacceptable thoughts or feelings. With a defense mechanism, it can be used to increase self-esteem and things that we do not want to think about. Through her father, Sigmund Freud, the founder of psychoanalysis in the field of psychology, Anna Freud defined the theory of defense mechanisms as "unconscious resources used by the ego" to decrease internal stress ultimately. Anna Freud described several defense mechanisms. The theory of defense mechanism was created by Sigmund Freud then succeeded by his daughter, Anna Freud. She describes that the defense mechanism has ten forms, such as repression, denial, displacement, projection, rationalization, reaction-formation, sublimation, fixation, regression, and introjection (Feist & Feist, 2008; Schultz & Schultz, 2017)

The object of this research is the novel *Five Feet Apart*. A novel that was released in 2018 and written by Rachel Lippincott. The novel was not only written by Rachael Lippincott but with Mikki Daughtry and Tobias Iaconis. The novel tells of a daughter born into a family that loves her very much. However, since birth Stella has had to struggle in her life because she has been diagnosed with a very deadly disease, namely Cystic Fibrosis; her life from childhood to adolescence was only in a hospital room because it was for the sake of her health and waiting for a lung donor for herself so that she

could return to health or normal like other teenagers. One day when a teenager, Stella, fell in love with Will, who had the same disease as her. This means that love is forbidden because fellow people with Cystic Fibrosis cannot touch each other. So from that moment on, Stella's life is tested in which Stella must choose love or health. The initial goal is to be able to recover from the deadly disease. However, if she chooses to love, Stella will also feel heartbroken because Stella cannot touch the person she loves, Will.

Rachael Lippincott is a New York Times bestselling American novelist. She is best known for writing the book adaptation of *Five Feet Apart*, published on November 20, 2018, which became a major motion picture directed by Justin Baldoni. Lippincott was born in Philadelphia and raised in Bucks County, Pennsylvania. She graduated from George School in 2013. Lippincott originally attended the University of Pittsburgh for pre-med before changing her major to English writing. She took a class called Writing Youth Literature, taught by novelist Siobhan Vivian, which changed everything for her. She graduated in 2017. In 2018, Lippincott wrote the novelization of *Five Feet Apart* from a screenplay by Mikki Daughtry and Tobias Iaconis. The book sold over a million copies and spent 60 weeks on the New York Times Bestseller List. It won Best Young Adult Fiction in the 11th Annual Goodreads Choice Awards.

The researcher found several studies using the same object but with different theories. First, Anggraini and Wulan (2020), in the novel *Five Feet Apart*, analyze the protagonist's motivation for the main character. Second,

Tamara (2019), in the novel *Five Feet Apart*, analyzes the value of optimism obtained by the main character. Third, Reni (2019) analyzes the main character as a survivor of Cystic Fibrosis in the novel *Five Feet Apart*. Then, Noviani and Rahayu (2022) describe the characteristics of the Young Adult Literature genre found in the novel *Five Feet Apart*, which is related to analyzing its intrinsic elements. Moreover, the last, Putri and Tania (2021) analyzed the ecranisation process that occurred in the novel and film *Five Feet Apart*.

Also, the researcher found studies that use the same focus on anxiety and defense mechanism. First, Riawandono (2018) analyzes Anne Frank's anxiety and defense mechanism as the main character in *Diary of a Young Girl*. Second, Febriana and Darma (2022) analyze defense mechanisms as a strategy to overcome Jacob's anxiety, which is the main character in the novel *Defending Jacob*. Third, Similarities in Defense Mechanism Between Lilly in Sa Swann's *Wolfbreed* and Lucy in Lynn Okamoto's *Elfen Lied* by Saputra and Andayani (2021) were analyzed by comparing Lilly's defense mechanism in *Wolfbreed* novel and Lucy's defense mechanism in *Elfen Lied Omnibus* novel. Next, Susanto and Andayani (2021) analyze the defense mechanism of the main character in the novel *The Color of Bee Larkham's Murder*. The last, Zulfaisya and Hara (2020) analyze the defense mechanism that occurs in the main character in the *Speak* novel.

Analysis of *Five Feet Apart* written by Rachael Lippincott emphasizes on study using the theory of anxiety and defense mechanism. The researcher

analyzes the parts that are different from the previous studies. The differences take place on the symptoms of anxiety experienced by the main character in *Five Feet Apart*, namely Stella Grant. Then, also analyzes Stella's defense mechanism and the most prominent difference is analyzing how the defense mechanism releases Stella's anxiety.

Thus it is important to analyze how Stella Grant overcomes her anxiety when struggling with her illness, namely Cystic Fibrosis, and how she overcomes the anxiety she experiences in her life as a patient. With this analysis, the reader can learn and find out the symptoms experienced by someone who experiences anxiety, then some forms of defense mechanisms when we deal with anxiety, and how defense mechanisms release anxiety.

B. Problems of The Study

Referring to the background of the study above, the research problems can be formulated as follows:

1. What are the symptoms of anxiety experienced by Stella Grant described in Rachel Lippincott's *Five Feet Apart*?
2. What are Stella Grant's defense mechanisms in *Five Feet Apart*?
3. How does the defense mechanism release Stella Grant's anxiety in *Five Feet Apart*?

C. Significance of The Study

This study has two significant aspects, namely, theoretically and practically. Theoretically, this research is expected to contribute to literary studies on psychological analysis. The researcher hopes that this research can be a valuable reference for readers to learn how anxiety and self-defense mechanisms are presented in literary works. The results of this study are expected to inspire further researchers who are also interested in studying literary works, especially regarding psychological aspects. The researcher also hopes this thesis can contribute to readers appreciating literary works, especially the novel *Five Feet Apart*. In addition, this research also aims to broaden insights into the field of literary studies.

Practically, this study can be useful for readers and researchers themselves in understanding the concept of anxiety that occurs in ourselves and our surroundings. With this study, the researcher hopes that readers or anyone who experiences mental disorders and has a high level of anxiety can better understand both of these things. In addition to increasing our insight, this is also a basic form of our concern for others who are experiencing mental disorders such as anxiety. Currently, anxiety is common among adolescents and adults. It is not uncommon for children to easily experience anxiety. Therefore, it is important to understand the symptoms of anxiety and defense mechanisms, so that it is easy to prevent the formation of increasingly severe anxiety. By conducting an analysis using a psychological approach, especially anxiety reflected through the main characters in the novel and literary studies.

This study is also important for readers and researchers themselves to further understand both of these things. This can be a reference for readers to conduct further research such as analyzing the reflection of anxiety through various objects other than novels.

D. Scope and Limitation of The Study

This research focuses on the main character's anxiety and defense mechanism in *Five Feet Apart* by Rachael Lippincott. Specifically her experience of anxiety and the defense mechanisms Stella uses to cope with the challenges posed by Cystic Fibrosis. In which psychological theory is applied to understand Stella's behavior and emotional struggles throughout the novel. The study is limited to the analysis of Stella's character and her psychological responses only, not covering other characters in the entire novel.

E. Definition of Keyterms

In this section, the researcher provides more information to explain what is discussed in this study.

1. Anxiety: is an affective, unpleasant state, accompanied by physical sensations that warn the person of impending danger (Sigmund Freud, 1936).
2. Defence Mechanism: is a strategy that is used by individuals to defend against the id and oppose the superego (Sigmund Freud, 1960).

3. Psychological Approach: a perspective based on certain assumptions about behavior. Each approach holds shared ideas about how to describe, predict, and explain behavior. (Wellek & Warren, 1898).

CHAPTER II

REVIEW OF THE RELATED LITERATURE

This chapter presents the theories needed to analyze the data. It consists of Psychological Approach, the theory of anxiety and the theory of defense mechanism.

A. Psychological Approach

A psychological approach is a perspective based on certain assumptions about behavior. Each approach holds shared ideas about how to describe, predict, and explain behavior. Dealing with human behavior in almost all aspects of human endeavor, psychological theories have contributed to different fields of study. Literary study is not an exception. Literary criticism, for instance, is conspicuously based on psychological theories. Acquaintance with these theories in literary criticism is so significant that understanding it will be close to impossible unless one has a good grasp of psychological theories (Rezaei & Hassan, 2013).

Therefore, psychology is a meaningful scientific study of the mind and behavior. The word “psychology” comes from the Greek words “psyche,” meaning life, and “logos,” meaning explanation. The word psychology is very popular in everyday life. Some principles in psychology can also help solve crimes and many people have first-hand knowledge of psychology by visiting psychologists. For example, counseling and family therapy, religion,

marriage, and therapy are done for people in distress. Some topics are also studied in psychology, such as alcohol and drug addiction, love problems, what makes people aggressive, and many others. Psychology also uses a variety of methods, including observation, questionnaires, interviews, and laboratory studies, to help them understand behavior (Wellek & Warren, 1898).

The psychological approach in literary analysis is a method that examines the psychological aspects of characters, authors, and readers. This approach views literary works not only as the result of imaginative creation, but also as a reflection of the psychological condition of the author, which is influenced by personal experiences, mental conditions, and certain emotional states. This approach is widely developed based on psychological theory, especially Sigmund Freud's theory, as well as theories of developmental psychology, and behaviorism theory (Wellek & Warren, 1898).

According to René Wellek and Austin Warren in their book *Theory of Literature* (1949), the psychological approach can be applied by considering three main elements: The first is Author Psychology: Analyzing the author's psyche as an individual human being. This approach views literary works as a reflection or expression of the author's mental condition. In this approach, the author's life history, traumatic experiences, and personal problems are given great attention. For example, analysis of Franz Kafka's work often sees the themes of alienation and absurdity as reflections of Kafka's own experiences.

The second is Character Psychology: Focuses on personality, motivation, and internal conflict in the characters in literary works. This approach analyzes characters like real humans with all their psychological complexities. For example, character analysis of *Hamlet* in William Shakespeare's *Hamlet* often uses a psychological approach to understand his inner conflict, resentment, doubt, and depression that he experiences.

The third is Influence of Works on Readers: Seeing how literary works can affect the emotions and thoughts of readers. This approach focuses more on the psychological response of readers, such as how a story can evoke certain feelings (such as fear, empathy, or tension). Horror works, for example, are analyzed to see the emotional effect that the author wants to convey to the reader.

B. Sigmund Freud's Anxiety

Freud's theory of anxiety was founded on a bold thought that expresses the analogy of the similarity of bodily responses during an anxiety attack to those seen during sexual intercourse (palpitations, heavy breathing). Freud saw anxiety as an essential part of the personality system, a cornerstone and centre of the development of behavioural neuroses and psychoses. Freud's theory of anxiety is one of the essential points in discussing psychoanalysis. This theory, in the course of several changes, as well as Freud's theory of the mental structure of the individual. Various forms of anxiety have been mentioned by Freud, but in fact, the prototype of all forms of anxiety is birth trauma. It was

the first time the individual faced an anxiety situation that had never been experienced before in the womb (Andri & Dewi, 2014). Freud divided anxiety into three, namely:

1. Reality or Objective Anxiety

Anxiety stems from the fear of dangers that threaten the real world. Anxiety like this, for example, fear of fires, tornadoes, earthquakes, or wild animals. This anxiety leads us to behave in how to deal with danger. Not infrequently, the fear that stems from this reality becomes extreme. A person can be very afraid to leave the house for fear of an accident to himself or afraid of lighting a match for fear of fire.

2. Neurotic Anxiety

This anxiety has its basis in childhood, in the conflict between instinctual gratification and reality. In childhood, sometimes a child experiences punishment from parents due to the fulfilment of impulsive id needs, especially those related to the fulfilment of sexual or aggressive instincts. Children are usually punished for overexpressing their sexual or aggressive impulses. Anxiety or fear develops because of the hope of satisfying certain Id impulses. Neurotic anxiety that arises is the fear of being punished for showing impulsive behaviour that is dominated by the Id. The thing to note is that fear occurs not because of fear of the instinct but is a fear of what will happen if the instinct is satisfied. The conflict occurs between the Id, and the Ego, which we know has a basis in reality.

3. Moral Anxiety

This anxiety is the result of the conflict between the id and the superego. It is a fear of the individual's conscience. When individuals are motivated to express instinctual impulses that are contrary to the moral values referred to in the individual's superego, they will feel ashamed or guilty. In everyday life, he will find himself as "conscience-stricken". Moral anxiety explains how the superego develops. Usually, individuals with solid consciences and puritans will experience more significant conflict than individuals with looser conditions of moral tolerance. Like neurotic anxiety, moral anxiety also has a real-life basis. Children will be punished if they violate the rules set by their parents. Adults will also get punished if they violate the norms that exist in society. Shame and guilt accompany moral anxiety. It can be said that what causes anxiety is the individual's conscience. Freud said that the superego could be recompensed for violating the moral code.

C. The Symptoms of Anxiety

Anxiety disorder is a psychological disorder characterized by motor tension (restlessness, trembling, and inability to relax), hyperactivity (dizziness, palpitations, or sweating), and anxious thoughts and expectations (John, W.S., 2003 in Senja, 2015). Anxiety is a self-reaction to realizing an uncertain threat. Symptoms of anxiety appear in physical changes, such as difficulty breathing, increased heart rate, sweating, and so on. The characteristics of anxiety are as follows:

a. Physical Characteristics

Physical characteristics that can be observed in a person or object. Refers to the physical manifestations that occur when someone experiences anxiety or stress. This occurs due to the body's reaction to feelings of worry or tension.

Such as:

1) Anxiety, nervousness. 2) Shaking or shaking hands or limbs. 3) Sweat a lot. 4) Sweaty palms. 5) Dizziness or fainting and dizziness. 6) Mouth or throat feels dry. 7) Difficulty speaking and difficulty breathing. 8) Short breaths. 9) Heart palpitations or rapid beats. 10) Vibrating sound. 11) Fingers or limbs become cold. 12) Feeling weak or numb. 13) Neck or back feels stiff. 14) There is an upset stomach or nausea. 15) Hot cold. 16) Frequent urination. 17) Feeling sensitive or irritable.

b. Behavioral Characteristics

1) Avoidant Behavior

Avoidant behavior refers to behaviors that a person engages in to avoid situations or interactions that are perceived as frightening or uncomfortable. Individuals with this behavior tend to avoid social experiences, tasks, or relationships that may cause anxiety or emotional pain. Example: A person may avoid attending social events for fear of being judged or ignored.

2) Inherent and Dependent Behavior

Inherent behavior is behavior that is considered innate or natural, often related to instincts and biological characteristics. For example, foraging or

socializing behavior. Example: Inherent behavior can be seen in babies who naturally respond to their mother's voice.

Dependent behavior refers to behavior in which an individual relies on others for emotional or physical support. This is often seen in individuals with a tendency to rely on others for decision making or daily activities. Example: Dependent behavior can appear in someone who always asks for advice before making important decisions.

3) Shaken Behavior

Shaken behavior usually refers to an emotional response that occurs after experiencing a disturbing or frightening situation, such as a trauma. Individuals with this behavior may exhibit symptoms such as anxiety, emotional instability, or difficulty functioning normally after the disturbing event. Example: A person involved in a car accident may experience a fear of driving again, exhibiting distressed or anxious behavior.

c. Cognitive Characteristics

The symptoms of cognitive characteristic can be shown is follows:

- 1) Worry about something.
- 2) Disturbed feelings of fear or dread about something that will happen in the future.
- 3) Belief that something terrible will happen soon, without any clear explanation.
- 4) Be very aware of the sensation of need.
- 5) Feeling threatened by people or events that normally receive little or no attention.
- 6) Fear of losing control.
- 7) Fear of not being able to cope with problems.
- 8) Thinking that everything is out of control.
- 9) Worry about trivial things.
- 10) Thinking about the same annoying thing over and over

again. 11) Thoughts feel jumbled or confused. 12) Not being able to get rid of disturbed thoughts. 13) Worry about being left alone. 14) Difficulty concentrating or focusing thoughts (Senja, 2015).

D. Defense Mechanism

Anxiety is a sign of imminent danger, a threat to the ego that must be avoided or resisted. In this case, the ego must reduce the conflict between the will of the id and the superego. This conflict will always exist in human life because, according to Freud, instinct will always seek satisfaction while the social and moral environment limits satisfaction. So, according to Freud, the defence will continuously operate widely in terms of human life. Just as all behaviour is motivated by instinct, all behaviour has a natural defence against anxiety. Freud postulated several defence mechanisms but noted that it is rare for individuals to use only one defence. Usually, individuals will use several defence mechanisms at the same time.

There are two essential characteristics of defence mechanisms. The first is that they are a form of denial or interference with reality. The second is that the defence mechanism goes unnoticed. We lie to ourselves but do not realize we have done so. Of course, if we know we are lying, then the defence mechanism will not be effective. If the defence mechanism works correctly, the defence will keep any threat out of our consciousness. As a result, we do not know the truth about ourselves. We have been torn apart by images of desire, fear, possession, and other things (Andri & Dewi, 2014).

Defense mechanisms are someone's strategy to hide and reduce their anxiety. The defense mechanism was used unconsciously when there are too many anxieties disturbing the ego. The major function of anxiety psychodynamics is to help someone to refuse instinctive impulse which is not intended to come inside to the subconscious and gives a satisfying feeling to impulse indirectly. Self-defense mechanisms help to make the function be executed and protect a person from superfluous anxiety (Syahran, 2019). According to Freud (1960) that a defense mechanism is a strategy that is used by individuals to defend against the id and oppose the superego. The ego reacts to danger caused by the id in two ways. They are fortifying impulses so they cannot be conscious behavior and deflecting impulse so that the original intensity can be attenuated (Salsabyala, 2021). By doing these ways, the ego finds the solution to overcome the tension and danger. Freud believes that most of people use more than one defense mechanism together to protect them from anxiety. Freud states that the following are some of the ego defense mechanism. Further explanation will be explained below.

1. Repression

In Freud's terminology, repression is the involuntary detachment of something from consciousness. It is an unconscious rejection of something that makes you uncomfortable or painful. The concept of repression is the basis of Freud's personality system and is associated with all neurotic behaviour.

2. Denial

Denial is a defense mechanism that is connected to repression and involves denying the event of the traumatic incident. For instance, a man who mourns their partner's death denies her disappearance. Instead, he believes that he still sees his partner beside him.

3. Displacement

Displacement means displacing something. It means people who perform this defense mechanism change their source of anger to something else. This is to avoid their anxiety. For example, a student is assaulted by his classmate but he doesn't fight back against their gadfly by releasing it toward his partner or his brother.

4. Projection

Projection is a defence mechanism of the individual who perceives an impulse that is not good, aggressive, and unacceptable as not his own but belonging to someone else. For example, someone says, "I do not hate him, he hates me". In the projection of the impulse, it can still manifest but in a way that is more acceptable to the individual.

5. Rationalization

Rationalization is a defence mechanism that involves re-understanding our behaviour to make it more rational and acceptable to us. We try to forgive or consider a thought or action that threatens us by convincing ourselves that there is a rational reason behind the thought and action.

6. Reaction-Formation

This defense mechanism leads a person to perform the opposite action. For example, the grandchildren hate their grandfather due to his rude and bad behavior. However, instead of showing their hatred, they express their good act in front of them but they do it not because of their generosity, they do it because of the demands of society's morals.

7. Sublimation

Sublimation is an alter towards displacement. Whereas displacement involves finding a substitute object to satisfy id impulses, sublimation involves altering the id impulses themselves. For example, a person's desire can be changed into academic or non-academic things.

8. Regression

Regression is a defence mechanism when the individual returns to an earlier period in his life that is more pleasant and free from the frustration and anxiety that he is currently facing. Regression is usually associated with the individual's return to a stage of psychosexual development. The individual returns to a time when he feels safer from his life and is manifested by his behaviour at that time, such as childish and dependent behaviour.

CHAPTER III

RESEARCH METHODOLOGY

In this chapter, the researcher describes the method used in this research. These include research design, data sources, data collection, and data analysis. That way, the readers can find out the process by the researcher in conducting this research.

A. Research Design

The design of the research is literary criticism. Because the researcher searched the social phenomenon related with anxiety and defense mechanism undergone by the character of literary work. To obtain the answer of the research question, the researcher used the theory of anxiety and defense mechanism proposed by Sigmund Freud. Then in doing the research, the researcher applies the Psychological Approach.

B. Data Source

The data source of this research is a novel by Rachael Lippincott with Mikki Daughtry and Tobias Iaconis entitled *Five Feet Apart* it was published in 2018 by Simon & Schuster Children's Publishing. The thickness of this novel is 274 pages.

C. Data Collection

Data collection was done by looking for some changes to really understand the contents of the novel by reading the novel carefully. The researcher collects the data to find symptoms of anxiety and the defense mechanism Stella Grant in the novel *Five Feet Apart*. And collects data on how the defense mechanism releases Stella's anxiety. Read related references and support the research problem.

D. Data Analysis

The data was obtained by the researcher by starting to classify utterances that show symptoms of anxiety and defense mechanisms. The data is categorized into anxiety symptoms such as physical symptoms, behavioral symptoms, and cognitive symptoms. Then classify the defense mechanisms such as repression, denial, displacement, projection, rationalization, reaction formation, sublimation, and regression. And analyze the data to answer questions about how defense mechanisms release Stella's anxiety. Then interpret it using theory, and conclude according to the research questions.

CHAPTER IV

FINDINGS AND DISCUSSION

This chapter focuses on the symptoms of anxiety experienced by Stella Grant, the defense mechanisms used to reduce her anxiety, and the way the defense mechanism releases Stella's anxiety. Then, the study results showed that not all symptoms of anxiety and defense mechanisms were found in the novel.

A. The Symptoms of Anxiety Experienced by Stella

The researcher found symptoms that caused Stella to suffer from anxiety as well as events that occurred when Stella was in the hospital for recovery. This is analyzed because Stella had a history of Cystic Fibrosis since childhood. This disease is a rare disease and the chance of recovering from it is very small. And until now no drug has been found specifically to treat Cystic Fibrosis. Apart from that, Cystic Fibrosis can also cause people to die. Therefore, the symptom that causes Stella's anxiety is that Stella is afraid that she will not be able to recover from Cystic Fibrosis and many factors occur during her recovery. Anxiety is a self-reaction to realizing an uncertain threat. Symptoms of anxiety appear in physical changes, such as difficulty breathing, increased heart rate, sweating, and so on. The evidence of the anxiety symptoms experienced by Stella can be explained below:

1. Nervous

Stella gets nervous when she or someone else talks about her illness, Cystic Fibrosis. Because the disease she has is deadly, even when she sees friends who are also sick like Stella, she always feels nervous. So, that's what triggers Stella's anxiety.

In all honesty, I like it here. It's been my home away from home since I was six, so I usually don't mind coming.

I get my treatments, I take my medicine, I drink my body weight in milk shakes, I get to see Barb and Julie, I leave until my next flare-up. Simple as that.

But this time I feel anxious, restless even. Because instead of just wanting to get healthy, I need to get healthy. For my parents' sake. (p. 8)

The evidence above shows that Stella actually likes staying in hospital rooms because she has been used to it since she was 6 years old. Stella expresses a sense of comfort with the location. The repetition of the phrase “second home” suggests a deep familiarity and routine with the place. It is a place Stella has been coming to for a long time. However, at that time Stella felt so anxious that she was afraid that she would not recover. Because usually anxiety symptoms always come on suddenly. In this case, the anxiety symptoms experienced by Stella are anxious/nervous. According to Senja (2015) anxious/nervous is included in the physical characteristics anxiety category.

Mr. “Death Comes for Us All” didn't want to die. Restless, I walk over to my med cart hoping that moving on to “ Before –bed meds” on my to-do list will help calm me down. (p. 68)

My fingers tap away on the metal of the cart as I look at the sea of bottles, and then out the window again at the roof, and then back at the bottles.

Is he even doing his treatments?

Barb can probably force him to take most of his meds, but she can't be there for every single dose. She can strap him into his AffloVest, but she can't ensure he keeps it on for the full half hour. (p. 69)

In addition, evidence that shows that Stella is experiencing anxiety is when Stella starts to know Will. Patients who also have Cystic Fibrosis like Stella. The evidence above shows that Stella is worried about Will who does not want to take his medication regularly. So that makes Stella nervous when she finds out about Will's medication. Not only that, the sentence above also says *"Restless, I walk over to my med cart hoping that moving on to "Before -bed meds" on my to-do list will help calm me down."* It turns out that sleeping pills are very effective in helping to calm Stella's anxiety about something that has not happened, namely death. Then, *"My fingers tapped the metal of the gurney as I looked out the window at the roof, then back at the gurney."* This passage conveys a sense of diverted energy—a manifestation of Stella's anxiety. The repetitive act of tapping the gurney may be a subconscious attempt to relieve tension or calm herself, but it also illustrates how the routine of treatment has become a mechanical process.

2. Worry About Something

When she is sick, Stella always worries about something. When her illness relapses, she always worries about her parents. Stella worries about what will happen to her parents if she can't get better. She doesn't want her parents to be sad.

My lung function fell to 35 percent so quickly. And now, even more than the fever and the sore throat, being here in the hospital for the next month doing treatment after treatment to stem the tide while my friends are far away is freaking me out. A lot. Thirty-five percent

is a number that keeps my mom up at night. She doesn't say it, but her computer does. Search after search about lung transplants and lung-function percentages, new combinations and phrasing but always the same idea. How to get me more time. It makes me more afraid than I've ever been before. (p. 17)

But not for me. When you have CF, you sort of get used to the idea of dying young. No, I'm terrified for my parents. And what will become of them if the worst does happen, now that they don't have each other. (p. 17)

The evidence above shows that Stella's lung function has decreased by up to 35 percent. Therefore, Stella had to undergo treatment for more than a month. This decline meant that Stella's mother had to look after Stella diligently so that Stella could live longer. This made Stella feel worried about her mother because of her illness, causing her to worry excessively about her parents if her death came. Moreover, Stella's parents are no longer together. In this case, the symptoms of anxiety experienced by Stella are worrying about something. According to Senja (2015), worrying about something is included in the category of cognitive characteristics of anxiety.

I smile as my livestream count goes steadily past 1K, a fraction of the 23,940 YouTube subscribers who tune in to see how my battle with cystic fibrosis is going. "So, I could be getting ready to go on a plane to Cabo for my scholl's senior trip, but instead I'll be spending this holiday at my home away from home, thanks to a mild sore throat."

Plus, a raging fever. I think back to when I got my temperature taken on intake this morning, the flashing numbers on the thermometer blaring out a strong 102 (2019, Page 10). I don't want to mention it in the video, though, because my parents will definitely be watching this later. As far as they know, I just have a nging cold. (p. 11)

The evidence above also shows that Stella is worried about something, more precisely worrying about her parents so that they don't feel too worried about Stella. So when Stella was diagnosed with Cystic Fibrosis, Stella was often in the hospital. Indirectly, Stella doesn't have many activities, therefore Stella found an activity that can be done without moving much, namely by turning on live streaming on YouTube. In the novel, it is also explained that Stella always turns on live streaming and provides

education about the disease she suffers from. Not only that, Stella usually also talks about her activities during the treatment process at the hospital. Then in the context of the evidence above, Stella was doing a livestream, Stella told about her activities, and that she had to get on a plane, but Stella had a mild sore throat. But on the other hand, in fact, apart from a mild sore throat, Stella also had a high fever of up to 39 degrees. Stella didn't mention this during the livestream because if her parents watched, her parents would worry too much and that was something Stella didn't want to happen. So Stella is worried that her parents will have a lot on their minds. According to Senja (2015), worrying about something is included in the category of cognitive characteristics of anxiety.

3. Worry About Trivial Things

Just like the previous evidence, Stella's anxiety always appears when she is worried. One of them is worrying about trivial things, such as people talking about her who looks like a sick person and has to carry a G-tube everywhere.

I gaze out the window as the afternoon fades and see a couple about my age, laughing and kissing as they walk into the hospital. It's not every day you see a happy couple coming into a hospital. Watching them holding hands and exchanging longing glances, I wonder what it would be like to have somebody look at me like that. People are always looking at my cannula, my scars, my G-tube, not at me. (p. 18)

The evidence above shows that Stella worries about trivial things. Stella felt worried about other people's reactions when they saw her, so she felt a little wondering why people always looked at Stella as a strange person. Because wherever Stella goes, people always look at her cannula, her scars, and her G-tube, not at her. Even though this is a trivial thing that Stella

doesn't really need to think about, because Stella is sick, it's normal for people to see her cannula, her scars, and her G-tube. In this section, Stella reflects on her deep longing for love and connection, which contrasts with her experience of isolation due to her chronic illness. Stella's perception of being reduced to her illness—represented by her cannula, scars, and G-tube—highlights her struggle with self-identity and alienation. Stella is not only physically separated from others, but also emotionally distanced by the way her condition affects the world. According to Senja (2015), worry about trivial things falls into the category of cognitive characteristics anxiety.

4. Sweat a Lot

The most tense moment experienced by Stella was when she saw her friend Poe helpless. This is what made Stella's anxiety appear, namely sweating a lot. Stella was afraid to see Poe's condition, and she saw Poe's condition directly at that time.

Desatting. He can't breathe, he can't breathe. " He's choking! Poe's Choking! " I shout out, tears filling my eyes as I fly down the hallway behind Julie, pulling on a face mask as I go. She bursts through the door ahead of me and goes to check the beeping monitor. I'm scared to look. I'm scared to see Poe suffering. I'm scared to see Poe... (p. 45)

Fine.

He's fine, sitting in his chair like nothing happened.

Relief floods through me and I break out in a cold sweat as he looks from me to Julie, a sheepish expression on his face as he holds up his fingertip sensor. " Sorry! It came unplugged. I didn't tape it back down after my shower ". (p. 45)

The evidence above shows that Stella has experienced excessive worry so, Stella sweats profusely like someone who has experienced serious problems. Even though it was his friend Poe who had

experienced this dangerous thing. As written above Poe experienced desaturation so he couldn't breathe because Poe didn't use a sensor for his lungs and Stella happened to see this. Indirectly, Stella was very panicked and experienced excessive anxiety because she saw that her best friend almost die if she was checked late. Poe is a patient who is the same as Stella.

Apart from that in the evidence of the sentence above it is also written repeatedly that Stella is afraid to see Poe's condition like that. Because she had seen this, maybe Stella felt worried that this happened to her so she experienced excessive anxiety which caused profuse sweating. So it can be concluded that if someone says it repeatedly, they are experiencing anxiety about the event they are experiencing.

According to John (2003) in Senja (2015), Anxiety disorder is a psychological disorder characterized by motor tension (restlessness, trembling, and inability to relax), hyperactivity (dizziness, palpitations, or sweating), and anxious thoughts and expectations. Anxiety is a self-reaction to realizing an uncertain threat. Symptoms of anxiety appear in physical changes, such as difficulty breathing, increased heart rate, sweating, and so on. Apart from that, sweating a lot is included in the physical characteristics anxiety category.

5. Shaken Behavior

The death of her sister Abby is something that always disturbs Stella's mind and comfort. It is an incident that Stella cannot forget. Because Stella

always feels guilty about her sister's death. Even though it was not Stella's fault. However, when she remembers it and talks about it, Stella's anxiety appears, namely shaken behavior towards her sister's death.

"I should have been with her, Poe," I choke out, wiping my eyes with the back of my hand. She was always there. To stand by me when I needed her. And I wasn't there when she needed me most.

"Don't. Not again. It's not your fault. She'd tell you it's not your fault."

"Was she in pain? What if she was scared?" I gasp, the air catching in my chest. I keep seeing my sister plummeting down, like she did in the GoPro video and a million times before, bungee jumping and cliff diving with reckless abandon.

Only, this time there's no wild whoop of joy and excitement. She hits the water and doesn't resurface.

She wasn't supposed to die.

She was supposed to be the one to live.

"Hey! Stop. Look at me."

I stare at him, tears pouring from my eyes. (p. 122)

"You have to stop," he says, his fingers clutching the armrest of the couch, his knuckles turn white. "You can't know. You just . . . can't. You'll drive yourself crazy" (p. 123)

The evidence above shows that Stella showed shaken behavior regarding the death of her sister Abby. Stella always feels guilty about her sister's death, even though it's not Stella's fault. Stella feels guilty because when Abby died Stella was not there with Abby. Because since childhood, when Stella was diagnosed with an illness, Abby has always been with her until before Abby's death. But when Abby died, Stella wasn't with her. Abby's death always echoed in Stella's brain. This also shows excessive anxiety and repeated feelings of guilt, causing shaken behavior. According to Senja (2015), shaken behavior is included in the characteristics of the behavior category. Gail W. Stuart (2006: 144) in Senja (2015) explains "anxiety is an unclear and widespread worry, which is related to feelings of uncertainty and helplessness".

6. Feeling Weak

After getting to know Will, a patient who is also sick like Stella. Stella's anxiety increases. When Will doesn't want to undergo his treatment properly. That's what triggers Stella's anxiety. Stella feels weak when she finds out that Will doesn't want to get better because Stella doesn't want Will to die.

He's probably not doing all his treatments.

I try to go over the meds in order of when I take them, shuffling them around on the cart, the names all blurring together. Instead of feeling calm, I feel more and more frustration, the anger climbing up the sides of my head.

I struggle with the cap on a mucus thinner, pressing down on it with all my strength and trying to twist it off. (p. 69)

I don't want him to die.

The thought climbs on top of the mountain of frustration and plants a flag, clear and loud and so surprising to me that I don't even understand it. I just see him walking back to the edge of that roof. And even though he's the actual worst....

I don't want him to die. (p. 69)

After knowing that Will was not taking his medication properly. Stella became increasingly anxious and tried to check Will's medication. But what can she do, the more she thinks about it, the more Stella gets dizzy. So Stella is unable to see the names of the medications. This is a symptom of anxiety experienced by Stella with feeling weak. The factor that influences it is Will, a friend who also suffers from the same disease. Stella is afraid that Will will die if he doesn't take his medication properly. So that it causes anxiety for Stella. As shown in the sentence above "I feel more and more frustration, the anger climbing up the sides of my head. I struggle with the cap on a mucus thinner, pressing down on it with all my strength and trying to twist it off. I don't want him to die." The symptom of anxiety experienced by Stella is feeling weak.

7. Inherent and Dependent Behavior

Just like the previous evidence that Stella's anxiety occurs when her illness relapses. And it also happens when she undergoes surgery. This surgery also makes her anxious about her illness. That after the surgery makes her better or vice versa.

After a minute of inspection she finally stands, exhaling. "Let's try Bactroban and see how it looks in a day or two. Maybe we can clear it up, huh?"

I pull my shirt down, shooting her a doubtful look. I've already been at the hospital a week, and while my fever is down and my sore throat is gone, this has only gotten worse. She reaches out and gives my arm a comforting squeeze. I hope she's right, though. Because if she's not, that means surgery. And that'd be the exact opposite of not worrying Mom and Dad. (p. 97)

The evidence above shows that during treatment at the hospital, Stella's health progress has not improved. Which is why Stella is required to try Bactroban. This means that Stella's health is getting worse because she has to be assisted by medical devices. Then if the medical devices do not help, Stella must undergo surgery. Which is shown in the sentence: *After a minute of being examined, she finally stood up, exhaling.*

The moment of examination indicates that Stella's condition is being carefully evaluated by someone (possibly a health professional). The action of "exhaling" indicates relief or resignation, the pause before standing up may also indicate that the decision Stella is about to make is not easy. "*Let's try Bactroban and see how it goes in a day or two. Maybe we can get over it, huh?'"*

The use of "maybe" indicates uncertainty about whether this treatment will work, reflecting ambivalence and the hope that her condition may improve

with this simpler intervention. The phrase “see how it goes in a day or two” indicates the passage of time and the need for patience before a final diagnosis or decision can be made. This also makes Stella worry about her parents if Stella has to undergo surgery. Because Stella does not want her parents to see her surgery. And this makes Stella experience symptoms of anxiety inherent and dependent behavior. Indirectly, Stella relies on her surgery to reduce her anxiety towards her parents.

8. Thoughts feel Jumbled or Confused

In this life, the thoughts that we always think can confuse us. Just like Stella, she is always confused about herself, her illness, her sister's death, and the death of Stella, who does not know when it will come. These things always make Stella anxious because of her thoughts.

“Stop!” she says, cutting me off. “ Stop reminding me that I’m dying. I know. I know that I’m dying.”

She shakes her head, her face serious. “But I can’t, Will. Not now. I have to make it.”

I’m confused. “ I don’t under---“

“I’ve been dying my whole life. Every birthday, we celebrated like it was my last one.” She shakes her head, her hazel eyes shining bright with tears. “ But then Abby died. It was supposed to be me, Will. Everyone was ready for that.”

She takes a deep breath, the weight of the world on her shoulders. “ It will kill my parents if I die too.” (p. 117)

The evidence above shows that Stella feels anxious about what she will experience, namely death, as evidenced by Stella's words when talking to Will, she looks nervous with the words *Not now. I have to do it. "I'm confused. "I don't understand---*". In addition, the impact of Stella's anxiety is because Stella feels guilty about the death of her sister Abby. Stella feels

guilty because she is still alive. However, on the other hand, Stella is also afraid that if she dies it will make her parents even more devastated. That is what makes Stella experience symptoms of anxiety, namely, thoughts that feel jumbled or confused. Too many thoughts in her head make Stella even more confused.

9. Difficult Breathing

Stella always experiences anxiety when she has surgery. Stella has done it many times. But every time she is going to have surgery, Stella panics, causing difficulty breathing.

I shake my head, trying to take a deep breath as he leaves, the room becoming completely silent except for the steady beeping of my monitors. I stare at the ceiling, trying to push away the growing panic eating away at my insides. I did everything right (Chapter 13, Page 135). I was careful and put on the Fucidin, I took my medication at the scheduled times, and I'm still lying here about to go into surgery anyway (p. 136)

The evidence in the sentence above shows that Stella tried to get rid of the panic she felt before having the operation. It can be seen in the sentence "I shook the ceiling, trying to drive away the growing panic eat away at my insides." In this case, Stella indirectly experienced symptoms of anxiety and difficulty breathing, which is feeling nervous when facing something that makes Stella have difficulty breathing. Not only before the operation, Stella's anxiety continued when she was about to undergo the operation. It is shown by the sentence *I shake my head, trying to take a deep breath as he leaves, the room becoming completely silent except for the steady beeping of my monitors.*

10. Heart Palpitations

Things related to her illness Stella is always anxious. One of them is feeling heart palpitations when her doctor comes to see her. Because, Stella doesn't know what her doctor will say, whether it's good news or bad news. That's what always makes Stella anxious.

I take it and we pinky promise. The smallest contact, but the first time we've ever touched. And right now that doesn't scare me. My head snaps in the direction of the door as the sound of footsteps comes closer and closer. Dr. Hamid appears, a surgical nurse pushing through the door with her. "Ready to get this show on the road" she says, shooting me a thumbs-up. My head whips around to the chair where Will was sitting, fear gripping my chest. (p. 138)

The evidence above shows that Stella asked Will for help, to help calm Stella down. That was enough to make Stella feel calm and not afraid. However, when Dr. Hamid came and talked to Stella, Stella's anxiety reappeared, as shown in the sentence "*Fear gripped my chest*". Then also shown in the sentence "*Dr. Hamid appears, a surgical nurse pushing the door with him.*" The appearance of Dr. Hamid and the surgical nurse marks the arrival of a pivotal moment in Stella's medical journey with the beginning of the procedure, as indicated by the context "*getting this show started.*" The casual tone of Dr. Hamid's phrase, "*ready to get this show started,*" contrasts with the seriousness of the situation, which increases Stella's sense of unease. The professionalism of the doctor and nurse contrasts sharply with the private moment with Will, which underscores the tension between Stella's emotional and medical worlds. With the emergence of these feelings, Stella indirectly experienced symptoms of anxiety namely heart palpitations. Which is when we are going to do something and fear happens to us, it is also accompanied

by our heartbeat beating rapidly. This is also often experienced by the researcher as someone who also experiences anxiety.

B. Stella's Defense Mechanism in *Five Feet Apart*

The defense mechanism experienced by Stella Grant in *Five Feet Apart* is when someone tends to feel anxious when facing life's problems. Stella Grant's anxiety is also influenced by the illness she suffered from as a child, namely Cystic Fibrosis. This can be caused by trauma, bad experiences, the environment, or even the scary thing itself can cause anxiety. Apart from that, Stella's anxiety was also caused by her family, especially her older sister Abby, who had died earlier. However, when someone experiences anxiety, they will try to overcome it by solving the problem.

This problem-solving process is called a defense mechanism. Sigmund Freud's concept of defense mechanisms in psychology has an idea of how mental causes are painful and influence the mind outside of consciousness. This is also the way it is resolved (Cramer, 2000). According to Freud (1964), defense will continue to operate widely in human life. Just as all behavior is motivated by instinct, all behavior has a natural defense against anxiety. Defense mechanisms are strategies that individuals use to defend against the id and the superego.

1. Denial

According to Alwisol (2011), Denial is a type of self-defense strategy that opposes external danger and assumes there is no risk. In the conscious mind, a person denies traumatic experiences or socially unacceptable information, because the reality may be too scary for her to want to deny it. This also happened to Stella, where she always denied that Abby had died. Because Abby's death was too sudden for her.

She shakes her head, her hazel eyes shining bright with tears. "But then Abby died. It was supposed to be me, Will. Everyone was ready for that." She takes a deep breath, the weight of the world on her shoulders. (p. 116)

The main point of Stella's anxiety is a denial of Abby's death. This can also cause excessive anxiety about Cystic Fibrosis. After Abby's death, Stella always blamed herself. Since it was Stella who was sick, why didn't Stella die? This is proven in the statement above. Stella said to Will that she was ready to die. But it was fate that her older sister Abby left her first. Stella didn't accept this well, because Stella thought that in the future, if she died, her parents would be devastated. However, if the opposite happened, Stella would not always feel guilty and in denial about Abby's death.

This passage evokes the deep sorrow and guilt that Stella feels over her sister's death. This is demonstrated in the following sentence: *"But then Abby died. It should have been me, Will."* Stella is faced with a devastating reality: Abby's death, which was unexpected or tragic in relation to her own beliefs or understanding of destiny or responsibility. The phrase "It should have been me" indicates survivor's guilt. She feels that her own life should have ended instead of Abby's, suggesting that she may have harbored some form of self-

blame, or that she felt Abby's death was an unfair fate. *"She took a deep breath, the weight of the world on her shoulders."* Taking a deep breath is a physical manifestation of an attempt to calm herself, perhaps in an attempt to control overwhelming emotions. The phrase "the weight of the world on her shoulders" emphasizes the weight of Stella's guilt, grief, or responsibility. It suggests that she feels that the magnitude of all that has happened is too much to bear, and that her personal struggles are almost insurmountable.

Abby waved it off, hugging me tight and telling me that she'd be back in a few days with enough pictures and stories to make me feel like I'd been there with her all along. But she never came back. I remember hearing the phone ring downstairs. My mom sobbing, my dad knocking on my door and telling me to sit down. Something had happened. I didn't believe him. I shook my head, and laughed. This was an Abby prank. It had to be. It wasn't possible. It couldn't be possible. I was the one who was supposed to die, long before all of them. Abby was practically the definition of alive. (p. 118-119)

After Abby's death, Stella's days were always haunted by a great sense of guilt towards her sister. This is the form of grief experienced by Stella, namely denial of her sister's death which happened so suddenly and quickly. Stella wouldn't be able to think about this incident again. Even though Abby made many promises to Stella that she would return. But in fact, Abby will never come back. This is proven by the sentence "It wasn't possible. It couldn't be possible. I was the one who was supposed to die, long before all of them."

"Was she in pain? What if she was scared?" I gasp, the air catching in my chest. I keep seeing my sister plummeting down, like she did in the GoPro video and a million times before, bungee jumping and cliff diving with reckless abandon. Only, this time there's no wild whoop of joy and excitement. She hits the water and doesn't resurface. (p. 122)

This passage captures a moment of intense emotional turmoil and fear, illustrating Stella's deep concern for her sister. The phrase "gasp" and the

description of air "catching" in the speaker's chest conveys physical distress, indicating that the emotional impact is almost suffocating. The repetition of the imagery of her plummeting, combined with the loss of her joyful exuberance ("no wild whoop of joy and excitement"), emphasizes the tragic shift from thrill to dread. Stella's worry is not just about the physical act but also about the emotional experience of her sister—her potential fear and pain during the fall. Stella always saw Abby who was happy and fine. However, who would have thought that the cheerful older sister shown in the video while Abby was on holiday had a painful effect on Stella. Because Abby isn't coming back alive. Overall, this passage effectively explores of vulnerability, the fragility of life, and the deep connections within familial relationships. Denial is a defense mechanism that is connected to repression and involves denying the event of the traumatic incident.

2. Displacement

Displacement means displacing something. It means people who perform this defense mechanism change their source of anger to something else. This is to avoid her anxiety. The form of displacement that Stella does is below:

After my mom leaves, I head straight to the gym with Will, wanting to strengthen my weak lungs as much as I possibly can. I almost tell him not to come so I can think everything over, but I know he probably hasn't set foot in the gym in ages. Plus, the combined worry of my parents and that thought would be too much for me to allow me to concentrate on anything else. At least Will going to the gym is a problem I can solve immediately. (p. 100)

This passage reflects Stella's struggle with overwhelming emotions and a desire for control amidst uncertainty. In the line "heading to the gym"

symbolizes an attempt to escape emotional turmoil. Stella seeks to channel anxiety into physical activity, indicating a need for empowerment and resilience, especially given the mention of "weak lungs." The statement above proves that Stella can manage her emotions well. Especially regarding the worries they have about their parents. Stella always cared about her parents' feelings about her and her illness. Stella always tries to take good care of herself so that her parents don't worry about Stella.

Shown in sentences: "After my mom left, I went straight to the gym with Will, wanting to strengthen my weak lungs as best I could." Stella's decision to go straight to the gym after her mother left indicates a desire to have control over her situation. The reference to "weak lungs" suggests a health problem, a physical limitation that Stella is trying to overcome. The urgency of wanting to strengthen her lungs suggests a strong desire to regain her independence or improve her condition, perhaps related to an illness or recovery from something serious. "I almost told him not to come so I could think about it all, but I knew he probably hadn't set foot in a gym in a long time." The hesitation to tell Will not to come indicates Stella's internal struggle. She seems torn between the need for space to process her emotions and the recognition that she may not be able to handle being alone right now. Will's presence provides some comfort. Overall, this passage reveals the Stella's desire for strength, both physically and emotionally, while navigating complex relationships and personal challenges. In this way, Stella forms a defense mechanism displacement, namely venting all her anger onto other

things. Stella vented her anger towards herself for always being weak, so as not to hurt herself or others.

However, through activities that can eliminate her worries, namely going to the gym to strengthen her lungs. This can help improve Stella's health a little. According to Ritsnaini and Zulfaisya (2020), transfer is a way to transfer feelings of dislike or hatred towards someone or something else. This is done by diverting uncomfortable things to other targets.

3. Rationalization

Rationalization is one part of the defense mechanism that occurs when people try to define reality according to their wishes to protect themselves from the anxiety of seeing themselves as lacking. Therefore, a person usually considers himself to have shortcomings. This is done so that individuals feel comfortable with the choices they have made and this also serves as protection from the anxiety they experience even though they are consciously incorrect.

It's not like I dont wanna go. It's just, quite literally, a matter of life or death. I can't go off to Cabo, or anywhere for that matter, and risk not coming back. I can't do that to my parents. Not now. (p. 4)

The statement above proves that Stella is using a rational defense mechanism against the anxiety she is experiencing, namely, Stella is trying to be more realistic about the illness that Stella has. In the statement above, Stella is aware of the shortcomings she has because she cannot go on holiday or go to Cabo. Stella consciously refused not to go because of her illness and worry about her parents.

“New lungs can come in at any moment, so I’ve got to be ready!” I say the words like I believe them wholeheartedly. Though after all these years I’ve learned to not get my hopes up too much. DING! Another message. I’ve got CF and you remind me to always stay positive. XOXO. (p. 12)

Indirectly, Stella always applies a positive attitude towards what she thinks. This is proven by the statement above where Stella always thinks positively about getting new lungs. This indirectly means that Stella also applies a rational defense mechanism. Stella knows that she has a weakness, namely that she is suffering from an illness that is difficult to cure. However, it is also not wrong that Stella should be able to recover and get a new lung transplant. Even though for many years Stella and her family have not received a lung donor, one day this will happen. Having Cystic Fibrosis makes Stella always think positively about the disease she suffers from.

“Treatment crap?” I ask, taking two steps toward him. Six feet apart. The limit. “ That treatment crap is what keeps us alive.” He snorts, rolling eyes. “That treatment crap is what stops us from being down there and actually living”. (p. 63)

Not only towards her family and herself, Stella also instills rational thinking towards her friend at the hospital, namely Will, who also suffers from Cystic Fibrosis. This is also proven in the statement above, Stella is scolding Will for not carrying out his treatment properly, which makes Will say that the treatment is useless or in vain. In this way, Stella advised Will that this treatment was what kept them alive until they were teenagers. Stella knows that she feels inadequate because she also suffers from the same disease as Will, but the proof is that this treatment also means that they are both still alive in this world.

"I just helped him with his med cart, Poe! Wanting someone to live isn't the same thing as wanting them," I say, exasperated. I am not interested in Will. I don't have a death wish. (p. 88)

The statement above also proves how strong Stella's defense mechanism is to eliminate anxiety about her illness. The statement above explains that Stella is helping Will with his treatment and is not interested in Will because of romance. Stella also knows that getting too close to fellow Cystic Fibrosis sufferers is very dangerous and can have fatal consequences. However, by being helpful, Will only fought together so that they could recover.

Even though Stella is aware that her weakness lies in her illness, what's wrong with thinking rationally about getting better and not wanting to die. According to Freud (1964), rationalization is a defense mechanism that involves re-understanding our behavior to make it more rational and acceptable to us. We try to excuse or justify a thought or action that threatens us by convincing ourselves that there is a rational reason behind the thought and action.

4. Reaction Formation

According to Freud (1964), Reaction Formation is the defense mechanism leading a person to perform the opposite action. For example, the grandchildren hate their grandfather due to his rude and bad behavior. However, instead of showing their hatred, they express their good actions in front of them but they do it not because of their generosity, they do it because of the demands of society's morals. The following is the reaction formation

that Stella Grant did when Stella always told her parents that she was fine, but she was not fine.

I hope when my parents come to visit over the next few days, my breathing is a little less labored. I told them both that the other one was taking me to the hospital this morning, but I actually just took an Uber here from the corner a street over from my mom's new place. I don't want either of them to have to face seeing me here again, at least until I'm looking better. (p. 19)

The statement above shows Stella's attitude of trying not to burden her parents' thoughts on her. Thus, to reduce her anxiety, Stella formed a defense mechanism reaction formation. Which Stella said was the opposite of what she was doing. Stella told her friends that she would go to the hospital to continue her treatment because Stella's disease was recurring. However, all Stella did was stay silent on the street corner of her mother's new house.

Stella spoke otherwise because she didn't want to make her parents worry too much and hoped that in the future if her parents came to visit her, her shortness of breath would decrease a little. This was done for the sake of his parents. Reaction formation is a defense mechanism carried out by an individual where the person has an attitude of hiding ideas or problems that threaten to do otherwise.

5. Sublimation

Sublimation is an alter towards displacement. Whereas displacement involves finding a substitute object to satisfy id impulses, sublimation involves altering the id impulses themselves. According to Feist (2009), sublimation is a defense mechanism used to eliminate anxiety by changing the ID into human behavior that is acceptable to society. Sublimation occurs

in the defense mechanism carried out by Stella Grant. Sublimation occurred when Stella Grant tried to fight the feelings of confusion, worry, sadness, and disappointment every day that she was suffering from Cystic Fibrosis.

If I can get better, maybe.....

One step at a time. I head over to the wall oxygen, double-checking the flowmeter is set properly, and listen for the steady hiss of the oxygen coming out of it before I pull the tube around my ears and slide the prongs of the cannula into my nose. Sighing, I sink down onto the familiarly uncomfortable hospital mattress, and take a deep breath. I reach for my pocket notebook to read the next thing on my to-do list and keep myself preoccupied — “#18: Record a video.” (p. 9)

The statement above was very clear to relieve her worries. Stella tried many new things so that she didn't think too much about the very deadly disease Cystic Fibrosis. As evidenced by the sentence "keep me preoccupied", Stella keeps herself busy to keep herself enthusiastic about living life. This can be said to be Stella trying to get rid of anxiety by forming a sublimation defense mechanism, namely moving or eliminating feelings of worry by making a huge to-do list. That way, Stella has a lot of activities to do every day so she doesn't think too much about being sick.

When you have CF, you sort of get used to the idea of dying young. No, I'm terrified for my parents. And what will become of them if the worst does happen, now that they don't have each other. But with Poe here, someone who understands, I can get through it. Once I'm actually allowed to see him. (p. 17)

Not only does Stella worry about herself, but she also worries about her parents. There were so many worries when Stella contracted this deadly disease. Because with CF, Stella had to get used to hearing statements about dying young. So Stella thought about how her parents would be if Stella died because, on the other hand, her parents were also divorced. However, having a friend at the hospital, namely Poe, allows Stella to get rid of her worries so she can recover and not leave her parents. It could be said that Poe was one of

those who helped build Stella's sublimation defense mechanism to overcome this deadly disease.

This thought process is not exactly a helpful distraction, so I even give number 22, "Contemplate the afterlife," on my to-do list a try, and read some of Life, Death, and Immortality: The Journey of the Soul. (p. 18)

By making lots of to-do lists, Stella gets busier and forgets about her illness. This is proven by the statement above that Stella's to-do list reached number 22. This helps eliminate anxious thoughts about herself. Namely eliminating it with various activities, one of which is reading books on Stella's to-do list.

"You can't practice a little discipline? Stick to your regimen? Even to save your own life?". (p. 76)

The statement above is what Stella said to Will. Because Will couldn't be disciplined about his treatment. This treatment can make them survive and eliminate so many worries for Cystic Fibrosis patients that they will die. This proves that Stella's thoughts in the statement above are also a form of sublimation defense mechanism. Because by undergoing treatment their lives will at least be saved from this deadly disease.

"You work too hard," I say when she sees me. She smiles and opens her arms like she used to when I was younger and having a rough day at the hospital. I climb onto her lap, like a child, and wrap my arms around her neck, smelling the familiar, safe vanilla scent of her perfume. Resting my head on her shoulder, I close my eyes and pretend. (p. 108)

The statement above shows that Stella is very close to her nurse Barb. Because since they were little, Stella has often seen each other, so she also considers Barb to be like her family. Barb's presence can make Stella know that she can live this life and will recover. This passage conveys a deep sense of nostalgia and comfort through Stella's interaction with a nurse Barb. The act

of climbing onto her lap signifies a regression to childhood, highlighting a desire for safety and reassurance in the face of stress. The nurse's open arms are symbolic of unconditional love and support, suggesting a strong emotional bond between them. The Stella's sensory experience—specifically the "familiar, safe vanilla scent"—evokes memories of warmth and security, reinforcing the theme of seeking refuge in familiar relationships during difficult times. By closing her eyes and pretending, Stella is attempting to escape reality, illustrating a longing for simpler, more comforting moments in the past.

“It will kill my parents if I die too.” (p. 116)

The statement above is Stella's statement that she has to recover because of her parents. Having Stella's parents can eliminate worries about her death, and what would happen if Stella died. Stella couldn't imagine if that happened. The use of the word “kill” emphasizes the intensity of the loss, indicating Stella's belief that her parents would be overwhelmed with grief and perhaps unable to cope with the loss of their child. It also reflects a deeper psychological or emotional conflict, as Stella struggles to balance her own pain with her desire to protect her family from suffering. Therefore, Stella's parents also include Stella's sublimation defense mechanism so that she must recover from Cystic Fibrosis for the sake of her parents.

But it hasn't helped. Ever since then it's like I've been living a dream, every day focused on keeping myself alive to keep them both afloat. I make to-do lists and check them off, trying to keep myself busy, swallowing my grief and pain so my parents don't get consumed by theirs. (p. 119-120)

Stella was diligent in making a to-do list so she could get rid of anxiety about her illness. And on the other hand, for the sake of her parents, Stella must not die. Because always keeping herself busy makes Stella live life more. Apart from that, if Stella's condition is good, her parents will be happy that their child is fine. Because Stella didn't want her parents to be too sad about her and her illness. That way, Stella has to take care of herself by doing lots of fun activities.

“Do you have a death wish?” I shout, stopping a more than safe eight feet away from him. He may have one, but I certainly don't. (p. 62)

The statement above also proves that Stella did not intend to die, so she was always enthusiastic about living life. The statement above shows that Stella was angry with Will's words, asking if Stella had a death wish. However, this made Stella scream, and that scream formed Stella's defense mechanism so that she didn't have to worry about death happening to her in the future. This positive thinking also helped Stella recover from her illness.

6. Regression

There are several ways in which her attitude reflects how she deals with her anxiety. Stella uses a type of regression to reduce her anxiety. Her setbacks were seen when Stella recalled how her life used to be with her complete family. According to Freud (1964), regression is a defense mechanism when the individual returns to an earlier period in his life that is more pleasant and free from the frustration and anxiety that he is currently facing. Regression is usually associated with the individual's return to a stage of psychosexual

development. The individual returns to a time when he feels safer from his life and is manifested by his behavior at that time, such as childish and dependent behavior.

My smile fades as I close the door and see the old family picture pinned carefully to the back of my door. It was taken a few summers ago on the front porch of our house during a Fourth of July barbecue. Me, Abby, Mom, and Dad, goofy smiles on all our faces as the camera captures the moment. I feel a swell of homesickness as I hear the sound of the worn, rickety wood of that front step, creaking underneath us as we laugh and get close for the picture. I miss that feeling. All of us together, happy and healthy. For the most part. (p. 8)

In this case, Stella is trying to reduce her current feelings of worry about what she thinks about her family, especially her sister Abby, who has died. The statement above shows that Stella is carrying out a defense mechanism of regression by remembering old memories that Stella has shared with her family. In the past her family was very happy because her family was still intact. In this case, Stella's attitude is that she wants to return to her original life, which was still fine before Abby died. By looking at family photos that are visible in the frame. Stella wants a happy feeling for now, like her original life which was originally very happy. Stella missed that.

Until I get transplant, that number isn't going back up . Until then, I'm the only one who can keep me alive. And I have to. I have to stay alive. Because I'm pretty sure keeping me alive is the only thing keeping my parents going. (p. 100)

The statement above shows how enthusiastic Stella is in living her life to recover as she did during her childhood. She wants her early life before Cystic Fibrosis. This shows that Stella is trying to get rid of her worries about the thought that Stella cannot recover. However, Stella is still Stella, she always tries to be positive about being able to get the transplant. Because only she can heal her and stay alive, on the other hand, Stella also doesn't want her parents

to lose her because they have lost Abby. The only hope now is that Stella can recover.

I tried so hard. I planned family outings; I made dinner for them when they couldn't do anything but stare off into space. But it was all for nothing. If Abby came up, a fight always followed. If she didn't, her presence suffocated the silence. They were separated after three months. Divorced in six. Putting as much distance between each other as possible, leaving me straddling the in-between. (p. 119)

The statement above also shows that Stella is trying to return to her good early life. Stella hopes that if her sister Abby hadn't gone on holiday then this scary thing wouldn't have happened to her family. At that time, Stella was very happy to welcome Abby by preparing dinner and planning a holiday with her family. It is clear that Stella is trying to get rid of her anxiety about what happened to Abby by forming a regression defense mechanism that her family was destroyed and it was not entirely Stella's or Abby's fault.

However, it was fate, Stella just assumed that if Abby didn't go on holiday at that time, her family would be fine. Stella wants a complete family for now. According to Freud (1936), this type of defense mechanism is most easily seen in children. When they experience trauma or loss, they may revert to previous phases. Regression can also occur in adults. Whether it's running away from looking for food, caring for animals, biting nails, and many more. Not infrequently, someone chooses to avoid normal daily activities because they feel burdened by their feelings.

C. The Way How Defense Mechanism Releases Stella's Anxiety

In *Five Feet Apart*, Stella Grant's defense mechanisms are crucial in how she manages the overwhelming anxiety caused by her chronic illness, cystic

fibrosis. These defense mechanisms, including denial, reaction formation, regression, rationalization, displacement, and sublimation, allow Stella to manage her emotional distress and cope with the challenges of her condition. Here is an analysis of how these defense mechanisms help Stella relieve or manage her anxiety:

1. Denial

In this case, it is a defense mechanism that Stella uses to cope with her emotional pain, especially the loss of people she cares about deeply, including Abby, Poe, and Will.

My new lungs are amazing, the physical pain of the surgery gradually giving way to a whole new life. My parents are back together, and we're all finally starting to mend, too. Like my new lungs, it hasn't fixed everything that's broken. The losses of Abby and Poe are pains I don't think I'll ever fully get over. Just like I know that no matter what, some part of me will never get over Will. And that's okay. (p. 266)

The evidence above shows that while Stella acknowledges the loss, she also seems to deny the full emotional impact by saying, “And it’s okay.” There is a subtle form of denial in the way Stella downplays the severity of her grief. She acknowledges that the loss is painful and that she will never “really get over it,” but she also reassures herself by saying “It’s okay.” This may indicate a psychological attempt to minimize the intensity of her emotions and convince herself that the pain of the loss is something she can live with.

How it releases anxiety: Denial helps Stella reduce the immediate anxiety caused by the overwhelming sadness of her loss. By minimizing the emotional burden of the loss and telling herself that everything is “okay,” she

prevents herself from becoming overwhelmed by feelings of hopelessness or despair. This allows her to focus on the positive aspects of her life, such as her new lungs and her family's recovery.

2. Regression

In this case, when Stella woke up to the sound of her parents' voices after her surgery or medical event, several defense mechanisms were at play as she responded to the situation.

" Time to wake up, honey, " a voice says, somewhere far in the distance. It's my mom's voice, closer now. From right beside me.

" How do you feel? " my dad asks, and I respond with a sleepy groan, smiling at the both of them. (p. 147)

The evidence above suggests that Stella's reaction—sleepy groaning and smiling at her parents—indicates regression, a defense mechanism in which a person returns to an earlier stage of development when faced with stress or discomfort. In this case, Stella likely felt physically vulnerable and confused after her surgery, and her behavior reflected a return to a more dependent, infantile state, seeking comfort and attention from her parents. This is common when a person feels very vulnerable or in pain, as it provides a sense of security.

How it releases anxiety: Regression allows Stella to temporarily escape the adult responsibilities or concerns of her illness and surgery. By behaving in a more infantile manner, she avoids having to deal with the full emotional or physical stress of her situation. This provides her with comfort and reassurance, helping her feel protected and cared for, which in turn reduces

her anxiety and emotional distress. In addition, the role of her parents is indeed very much needed to reduce the anxiety that Stella is experiencing.

3. Sublimation

In this case, although not as prominent, sublimation also plays a role in Stella's defense mechanism. She channels her anxiety into constructive channels such as helping other CF patients, making to-do lists, and following her treatment closely.

" By the way, " my dad says, plunking down in the chair next to my bed. " The soup was great. Say what you want about cafeteria food, but they make a mean broccoli cheddar. "

My mom and I look at each other, smiles giving way to deep belly laughs that I have to suppress so my new G-tube doesn't hurt. The sadness stays put, but I feel an ounce of the weight on my shoulders slowly drift away, and I inhale, breathing a little easier than I have in a long time. Maybe this surgery wasn't the worst thing after all. (p. 153)

The evidence above suggests that sublimation also plays a role. Stella channels her emotional discomfort (which may have come from the surgery and the stress of her illness as a whole) into laughter. Rather than expressing frustration, sadness, or fear about her condition, she expresses her emotions through a lighter, more positive channel of humor.

How it releases anxiety: Sublimation allows Stella to transform negative emotions related to her surgery and illness into a socially acceptable form of emotional expression—laughter. Rather than being overwhelmed by sadness or fear, she uses humor as a way to cope with the emotional burden, helping her feel relieved. This diversion of emotional energy makes it easier to bear the burden of her physical and emotional pain.

4. Reaction Formation

In this case, reaction formation occurs when Stella overcompensates her fear or vulnerability by adopting behaviors that are the opposite of how she truly feels. For example, she acts overly responsible and in control when dealing with her illness, even though, deep down, she fears that losing control or that her health is inevitable.

"You're taking the lungs, Stella," my mom says next to me, her hand tightening around my arm. I look my dad, grabbing his hand desperately. "Do you know how many things I am going to lose to CF? That I already have lost? The lungs won't change that."

I'm tired of fighting myself. (p. 242)

The evidence above suggests that Stella's statement that "The lungs won't change that" can be seen as a form of reaction formation, where a person expresses the opposite of what they truly feel exaggerated. In this case, although she may feel hopeful and hopeless about the prospect of receiving new lungs, she masks these emotions by emphasizing how much Cystic Fibrosis has taken from her as if to protect herself from getting her hopes up.

How it releases anxiety: Reaction formation helps Stella avoid facing her deep-seated fears of loss and vulnerability that the transplant may not completely solve her situation. By focusing on what Cystic Fibrosis has taken from her, she expresses a sense of resignation to protect herself from the emotional burden of her hopes or expectations about the lung transplant. This defense mechanism allows her to manage the emotional risk of disappointment or unfulfilled expectations.

5. Rationalization

In this case, rationalization is a defense mechanism in which a person justifies or explains his or her actions, thoughts, or feelings with a logical or reasonable explanation, even though the reason may not be the true cause of the behavior. This mechanism allows an individual to avoid facing uncomfortable emotions or truths by making their decisions or actions seem more acceptable or reasonable.

"Take the lungs," he whispers, looking at me like I'm the only one here.

No. I can't. If I take the lungs, I will outlive him by close to a decade. If I take the lungs, he'll be more of a danger to me than ever. They won't let us in the same zip code, let alone room. And if I got B.cepacia after I got the healthy lungs all CFers want? It'd be wrong. It'd be devastating.

Everyone is quite.

"I don't want to lose Will, though," I say, meaning it. "I love him Dad." I look from my dad to my mom, and then to Barb and Dr. Hamid. Willing them to understand. (p. 243)

The evidence above shows Stella's thoughts about the consequences of removing her lungs—how they could outlive Will by a decade, how they could pose a health risk, (e.g., medical risks, separation from Will), and how they could cause them to be separated—represent a form of rationalization. Rationalization is a defense mechanism in which a person justifies an action or decision with a logical explanation that makes the situation seem more acceptable, even though the explanation may mask a deeper emotional or psychological conflict.

How it releases anxiety: By focusing on these logical reasons (e.g., medical risks, separation from Will), Stella justifies her internal conflict and makes her hesitation about removing her lungs seem like a reasonable and rational decision. This helps her deal with the anxiety of making decisions

that will involve losing Will, by framing the choice in terms of rational consequences rather than emotional distress.

6. Displacement

In this case, diversion is a defense mechanism in which a person redirects their emotions or impulses away from the initial source of stress or anxiety to a safer or more acceptable target. Essentially, rather than confronting the real issue causing the emotional distress, the individual redirects their feelings to something or someone that feels less threatening or easier to cope with.

After my mom leaves, I head straight to the gym with Will, wanting to strengthen my weak lungs as much as I possibly can. I almost tell him not to come so I can think everything over, but I know he probably hasn't set foot in the gym in ages. Plus, the combined worry of my parents and that thought would be too much for me to allow me to concentrate on anything else. At least Will going to the gym is a problem I can solve immediately. (p. 100)

The evidence above suggests that diversion is a defense mechanism in which a person redirects their emotions away from the initial source of anxiety to a safer or more manageable target. In this case, Stella may be feeling overwhelmed by the emotional burden of her family's worries and her health issues. Rather than confronting these deeper anxieties, she redirects her focus to her fitness session with Will. By concentrating on something concrete and immediate, she can avoid thinking about more complex or emotionally painful subjects.

How it releases anxiety: Diversion reduces Stella's anxiety by taking her attention away from the emotional challenges surrounding her illness and her relationship dynamics. Will's fitness and physical health become the focal point, giving her a temporary sense of control and accomplishment. This

allows her to manage her anxiety without directly confronting the deeper, more distressing issues.

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter contains two parts that can be explained. The first is the conclusion and suggestion.

A. Conclusion

After analyzing the data, it can be concluded that Stella is experiencing anxiety. The factors of Stella's anxiety do not only appear because Stella is suffering from a deadly disease, namely Cystic Fibrosis. For which the disease has not yet been found a cure. So it is likely that the hope for life is smaller. Then some other factors of Stella's anxiety also appear because of her sister Abby, her parents, and friends in the hospital who are also struggling to live with her.

It can be concluded that the symptoms experienced by Stella are nervous, worry about something, worry about trivial things, sweat a lot, shaken behavior, feeling weak, inherent and dependent behavior, thoughts feel jumbled or confused, difficult breathing, and heart palpitations. From the various symptoms of Stella's anxiety that have been explained above, it can be concluded that anxiety is an emotional condition with the emergence of discomfort in a person, and is a vague experience accompanied by feelings of helplessness and uncertainty caused by something that is not yet clear. Next, from this unpleasant feeling, there are defense mechanisms that are carried

out to make her calm, and it can be concluded that Stella's defense mechanism such as denial, reaction formation, regression, rationalization, displacement, and sublimation. Then, analyze how these defense mechanisms release the anxiety experienced by Stella. From defense mechanisms such as denial, reaction formation, regression, rationalization, displacement, and sublimation.

Then, it can be concluded that Stella's defense mechanisms release her anxiety in different ways. The first is denial, which helps reduce Stella's sadness over all the losses she has experienced, such as her sister Abby and her friend Poe. The second is regression, which helps Stella reduce anxiety by behaving more childishly so that she avoids having to face the full emotional or physical pressure of her situation. The third is sublimation, which helps divert Stella's emotional energy by making it easier for her to bear the burden of her physical and emotional pain. The fourth is reaction formation, which helps Stella avoid deep fears of loss and vulnerability. This allows her to manage emotional risks in the form of disappointment or unfulfilled expectations. The fifth is rationalization, which focuses on logical reasons to help reduce her anxiety. And finally, displacement is a diversion of attention from the anxiety experienced by Stella, for example by finding something to do to think about something else.

B. Suggestion

In this case, the researcher suggests analyzing the anxiety and defense mechanisms of characters from other literary works using Sigmund Freud's theory. This can further increase understanding of the concept of anxiety and defense mechanisms that occur in life. Not only that, it can also be useful in increasing insight for people who may experience mental health. So by reading an understanding of the concepts of anxiety and defense mechanisms, readers understand what these concepts are about. Researcher also recommend reading the novel *Five Feet Apart*.

Because it is very good and can help, especially for readers who often feel excessive anxiety and how to overcome it so that they always think positively. In this novel, Stella is always enthusiastic about recovering and getting rid of the anxiety she experiences in her life. Researcher hope that this research can help readers understand the novel. The researcher also hopes that this research will be useful for further research, especially for the conflicts that arise in this novel.

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