

**ANXIETY AND DEFENSE MECHANISM OF MAIN
CHARACTER IN JENNIVER NIVEN'S *ALL THE BRIGHT
PLACES***

THESIS

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**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM
MALANG
2022**

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THESIS

Presented to
Universitas Islam Negeri Maulana Malik Ibrahim Malang
In Partial Fulfillment of the Requirements for Sarjana Sastra (S.S)

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MALANG
2022**

STATEMENT OF AUTHORSHIP

I state that the thesis entitled “Anxiety and Defense Mechanism of Main Character in Jenniver Niven’s *All The Bright Places*” is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the bibliography. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

Malang, 16 November 2022

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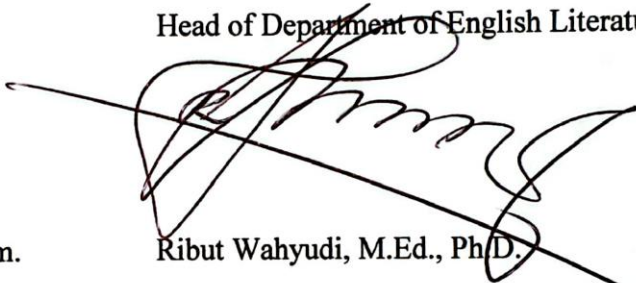
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MOTTO

“We all make choices, but in the end our choice make us.”

- Andrew Ryan

DEDICATION

I dedicate this thesis to my mother, Etik Susilowati, and my father Gatot Trio Utomo, for giving me so much support in my life and always supported me.

ACKNOWLEDGMENTS

Thanks to His mercies and blessings, I was able to finish my thesis, which was titled "Anxiety and Defense Mechanism of the Main Character in Jennifer Niven's All the Bright Places." Praise be to Allah SWT for these. Always extend shalom and a salaam to our prophet Muhammad SAW.

This thesis won't be completed without the support and contributions from many people that I would like to express my gratitude to:

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4. Efriza, for making my tear louder
5. And all my friend that always helped me when I needed it.

Last, I realize and understand that my thesis has weakness and mistakes. I all advice are always welcome for my thesis.

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Ahmad Naufal Utomo

Abstract

Utomo, Ahmad Naufal. 2022. *Anxiety and Defense Mechanism of Main Character in Jenniver Niven's All The Bright Places* Undergraduate Thesis. English Letters Department. Humanities Faculty. Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Whida Rositama, M. Hum.

Keywords: Anxiety, Defense Mechanism

Everyone experiences issues in life that may lead to anxiety. Fears generated by preexisting issues may lead to the problem. Anxiety is a reaction to an unpleasant situation that all people encounter. To lessen worry, though, urgent action is required. This study discusses the anxiety of Finch as the main character in the *All The Bright Places* novel, as well as the causes of anxieties, and self-defense that used. The psychological method was the main emphasis of this study, and the theory of Sigmund Freud's anxiety and defensive mechanisms is employed since it is seen to be the most suitable for examining the psychology of Finch's character. The information is then gathered by reading the novel and making note of any relevant data that relate to the theory and research issues. After doing an analysis, the result of this research are: (1) The main character's personality structure are consist of id, ego, and superego that dominated by his id. (2) The main character's anxiety is mainly caused by his environment, where his dad abused him since he was a kid. (3) The types of anxiety suffered by the main character are moral, neurotic, and realistic anxiety. (4) The main character used several defense mechanisms to reduce his anxiety: repression, regression, isolation, sublimation, displacement, aggression, and acting out.

Abstrak

Utomo, Ahmad Naufal. 2022. *Anxiety and Defense Mechanism of Main Character in Jenniver Niven's All The Bright Places* Skripsi. Jurusan Sastra Inggris. Fakultas Humaniora. Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing Whida Rositama, M. Hum.

Kata Kunci: Kecemasan, Mekanisme Pertahanan

Setiap orang tentu mengalami masalah dalam hidup yang dapat menyebabkan kecemasan berlebih. Ketakutan yang ditimbulkan oleh masalah yang sudah ada sebelumnya dapat menyebabkan masalah. Kecemasan adalah reaksi yang dihadapi semua orang terhadap situasi yang tidak menyenangkan. Namun, untuk mengurangi kekhawatiran, diperlukan tindakan segera. Penelitian ini membahas tentang kecemasan Finch sebagai tokoh utama dalam novel *All The Bright Places*, serta penyebab kecemasan, dan pembelaan diri yang digunakan. Kajian akan berfokus pada pendekatan psikologis, dan penelitian ini menggunakan teori kecemasan dan mekanisme pertahanan oleh Sigmund Freud karena dianggap paling sesuai untuk menganalisis psikologi sosok Finch. Metodologi yang digunakan adalah metode kritik sastra. Kemudian, data dikumpulkan dengan membaca novel beberapa kali dan mencatat data-data yang relevan dan sesuai dengan teori serta masalah penelitian. Setelah dilakukan analisis, hasil penelitian ini adalah: (1) Struktur kepribadian tokoh utama terdiri dari id, ego, dan superego yang didominasi oleh id. (2) Kecemasan tokoh utama terutama disebabkan oleh lingkungannya, di mana ayahnya melakukan kekerasan terhadap dirinya sejak kecil. (3) Jenis-jenis kecemasan yang diderita tokoh utama adalah kecemasan moral, neurotik, dan realistik. (4) Tokoh utama menggunakan beberapa mekanisme pertahanan untuk mengurangi kecemasannya, yaitu represi, regresi, isolasi, sublimasi, perpindahan, agresi, dan bertingkah.

المخلص

قسم الأدب الإنجليزي. All The Bright Places أوتومو ، أحمد نوفل. 2022. آلية القلق والدفاع ذات الطابع الرئيسي في أطروحة جينيفر نيفن ويدا روسيتاما ماجستير في العلوم كلية العلوم الإنسانية. الجامعة الإسلامية الحكومية مولانا مالك إبراهيم مالانج. المشرف الإنسانية

الكلمات المفتاحية: القلق ، آليات الدفاع

كل تجربة الناس من المسألة في الحياة والتي يمكن أن تسبب القلق. يمكن أن يؤدي الخوف بواسطة عن المسألة التي كانت غير سارة التي قلق فينش باعتباره الشخصية الرئيسية الجميع. موجودة من الممكن أن يسبب. القلق هو رد فعل على المواقف All The Bright Places ومع ذلك ، للحد هموم ، العمل مطلوب إلى سريع هذا البحث مناقشة حول. في الروايات

وأسباب القلق والدفاع عن النفس المستخدمة الدراسة بالتركيز على نهج بيولوجي وهذا النهج نظرية الاستخدام آلية قلق والدفاع لأنه يعتبر الأنسب إلى تحليل علم النفس شخصية فينش المنهجية المستخدمة هي الطريقة انتقاد Sigmund Freud عن طريق ومن بعد البيانات التي جمعها عن طريق القراءة رواية وتسجيل البيانات ذات الصلة مع المسألة نظرية والبحث بعد في فعل أدبي تتكون بنية الشخصية الرئيسية للشخصية الرئيسية من الهو والأنا والأنا العليا التي يهيمن عليها الهو. قلق تحليل نتائج هذه الشخصية الرئيسية ناجم بشكل رئيسي عن بيئته، حيث كان والده يسيء معاملته منذ أن كان طفلاً. أنواع القلق التي تعاني منها الشخصية الرئيسية هي القلق الأخلاقي والعصبي والقلق الواقعي. استخدمت الشخصية الرئيسية عدة آليات دفاعية للحد من قلقه الكبت، والنكوص، والعزلة، والتسامي والإزاحة، والعدوانية، والتمثيل

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CHAPTER I

INTRODUCTION

A. Background of Study

One of the mental disorders is anxiety. According to Bloom, anxiety is a powerful condition that inspires action and serves as a warning about something hazardous, namely a signal for the ego that will continue to grow if appropriate steps are not taken to reduce anxiety (Bloom, 2008). He added that two different things bring on anxiety. First, childhood trauma is the root cause of anxiety. An unpleasant childhood experience will affect how that person acts as an adult. Second, perfection is the root of the concern. People who set high standards for themselves tend to perform everything flawlessly, but if things do not go according to plan, they could become anxious.

A mental disorder is a behavior or thought pattern that significantly impairs one's ability to function or causes significant distress. Mental disorder is an inevitable issue human have faced throughout history. There are many cases of mental disorders in real life. Mental illness is not limited to age, anyone can get this illness, from children to adults. Most people with mental illness develop from their experience since they were kids, and it worsens as they grow. Some of them also choose the quick shortcut to overcome their problem, which is suicide. The rate of suicide is continuously increasing throughout the year. Based on World Health

Organization, suicide is ranked ten as the cause of death, while in 2019 itself, more than 700.000 people committed suicide.

Wiyatmi (2011), in her book, said that "the feeling of afraid, worry, panic, and guilty refer to term anxiety. Then, in order to reduce the anxiety feeling, people have its own defense mechanism." In order to overcome mental illness, the defense mechanism is used automatically by humans to keep their sanity. Defense mechanisms themselves are a response given by our unconscious mind as one way to overcome and decrease internal stress (Freud, 2006). The defense mechanisms of each person are different because each person has problems that are different from others, and each person has their way of overcoming their struggles.

The discussion of defense mechanisms regarding the subliminal defenses of the id, ego, and superego was first introduced in the nineteenth century by Sigmund Freud, commonly known as the father of psychoanalysis. (Rennison, 2015). Defense mechanisms are unconsciously employed tactics by people to protect themselves from uneasy emotions or ideas. People can manage their traumatic experiences and constructively direct their energy by using defense mechanisms. They can, however, become an issue if defense mechanisms are used excessively or for an extended period of time.

In addition to entertainment, literary works is also considered as a reflection of life, such as mental problems. Many novels have this instrument, including the novel by Jenifer Niven, entitled *All The Bright*

Places. This novel is about the struggle of two teenagers, Violet and Finch, who wants to overcome their mental health issues. The author of *All The Bright Places*, Jennifer Niven, is an international best-selling author. She started writing in 2000, and her hard work finally paid off in 2001 as his nonfiction book was nominated as The Ice Master. Until today, her masterpieces have been translated into more than 50 languages. Her work entitled *All The Bright Places* is awarded as the Best Book of the Year by many publishers, including Barnes and Noble, which later also adapted into a movie by Netflix.

The All The Bright Places itself is already studied several times before. An article written by Adiguna, Sukmawaty, Hestiana (2021) entitled *Obsesi Tokoh Theodore Finch Dalam Novel All The Bright Places Karya Jennifer Niven* analyzes the description and obsession of the main character using a psychological approach. This study shows that Theodore Finch is a pleasant character with low self-esteem and an obsession due to fears from psychological and biological factors.

An article written by Rachman, Mustofa (2019) entitled *Theodore Finch's Borderline Personality Disorder in Jenniver Niven's All The Bright Places*, analyzes the depiction of Theodore Finch's borderline personality disorder and the factor that cause it. Using borderline personality theory by Adolph Stern, this study shows that Theodore Finch's disorder was developed from his childhood who got bad nurturing and violence done by

his parents, which is suitable with Adolph Stern's theory about borderline personality disorder.

A thesis entitled *Theodore Finch in All The Bright Places Novel by Jennifer Niven (2015): A Psychological Perspective* written by Rahmawati (2021) aims to describe the characteristics of Theodore Finch using psychological approach and Alfred Adler's theory of suicide. The study shows that Finch, who suffers from bipolar tries to end the suffering by hurting himself, which goes through several stages such as general anxiety until the hysteria stage when Finch chooses to suicide by drowning himself completely.

This research also uses several previous studies in the form of an undergraduate thesis and an article that uses a similar theory in order to get a better understanding of the theory. A thesis entitled *Anxiety and Defense Mechanism of Hannah Baker in Jay Asher's Thirteen Reasons Why* written by Saraswati (2019) discussed about the anxiety and defense mechanism in the paper entitled. The psychological component of the novel's main character is the focus of the researchers' attention. The study discovered that the moral concern was brought on by the main character's battle between ego and superego.

Similar research also conducted by Farkhatun in 2017, his thesis entitled *Anxiety and Defense Mechanism of Rachel Watson in Paula Hawkin's Novel The Girl on The Train*. His research is using Freud Psychoanalysis Theory and aims to analyze the anxiety and defense

mechanism of the character in the novel. Though the research, the researcher found out that Rachel as the character of the novel is suffering from all the of anxiety, realistic, moral, and neurotic anxiety, and to reduce the anxiety, Rachel uses six types of defenses mechanism. They are rationalization, repression, projection, displacement, fixation, and denial.

Ulya, Wulandari (2019) in their article entitled *Analysis of Anxiety and Defense Mechanism on the Main Character Reflected in Alice's Adventures in Wonderland (1865) Novel by Lewis Carroll*. When evaluating the data to discover the fears of the main character, the researcher applies descriptive qualitative methods. This study's findings indicate that the main character experiences realistic and moral anxiety., In addition, Alice uses repression, intellectualization, displacement, regression, reaction-formation, and introjection as defense mechanism.

An article entitled *Anxiety and Defense Mechanism of Arthur Dimmesdale as Reflected in The Scarlet Letter Novel by Nathaniel Hawthorne* written by Novianti, Permatasari (2020). By using descriptive qualitative methods, this study shows that Arthur has neurotic and moral anxiety.

Warkey, Sili, Asanti (2020) write an article entitled *Moses' Anxiety and Defense Mechanism in Exodus; God and Kings Movie*. This study shows that the character experienced realistic, neurotic, and moral anxiety and employed several kinds of defense mechanisms such as formation, isolation, repression, aggression, and denial.

An article entitled *Captain America's Ironman's, Thor's Anxiety and Defense Mechanism in The Avengers, and Avengers: Age of Ultron* written by Bilbo (2019) shows that superhero also has anxiety and defense mechanism. The result of this study is the three characters have different defense mechanisms such as denial, rationalization, and repression.

Jannah (2017) wrote an article entitled *Anxiety and Defense Mechanism on Alan Turing in The Imitation Game Movie*. This research uses a descriptive qualitative method and shows that Alan has realistic anxiety, displacement, and reaction formation as defense mechanisms.

In the article entitled *Tri's Ego Defense Mechanism in Neil Burger's Divergent Movie Script 2014: a Psychoanalysis*, Fatmawati, Purwanto (2020) used qualitative methods in order to reveal Tri's anxiety and what defense mechanisms that she used to cope with her anxiety. This study shows that Tris has realistic and moral anxiety that she copes with several defense mechanism such as reaction formation, sublimation, displacement, repression, and regression

Andriana, Kasprabowo (2020), in their article entitled *Anxiety and Defense Mechanism of The Main Character in "The Black Cat" Short Story*, show that the main character has realistic and moral anxiety. Whereas the main character use displacement, acting out, symbolization, and denial as her defense mechanism.

According to Wellek (1949), in his book *Theories of Personality*, literature is an expression of the thoughts, aspirations, and emotions

triggered by experiences in life. The researcher chose *All The Bright Places* novel because the author presents psychological elements like anxiety and self-defense mechanisms as accurately as possible in the novel. The accuracy in representing the anxiety in the novel feels as accurate as what happens in the real world, which makes this novel interesting to study.

The researcher will try to fill the previous study's gap on the same object study, Jennifer Niven's *All The Bright Places*. This study is critical because this study will discuss the cause and types of anxiety, as well as defense mechanisms that are employed by the main character in *All The Bright Places* based on the psychoanalysis founded by Sigmund Freud. This study talks about the psychological aspect of Theodore Finch's character. The researcher is applying psychoanalysis theory to understand the main character's anxiety and the defense mechanisms that are used.

B. Problems of the Study

- i. What is Finch's personality structure in Jennifer Niven's *All The Bright Places*?
- ii. What kinds of anxiety experienced by the main character in Jennifer Niven's *All The Bright Places*?
- iii. What kinds of defense mechanism done by the main character in Jennifer Niven's *The Bright Places*?

C. Significance of the Study

This research aims to analyze about the social action of character in novel in hoping this research thus can be helpful for the future academic in the topic of social action. This study is also expected to be helpful in two major parts, which are theoretical significance and practical significance.

1. Theoretical

The result of this research is expected to add more insight in the field of literature, and Sigmund Freud's theory about anxiety and defense mechanism, hence this study will improve the theory's coherency in literary works.

2. Practical

The result of the study is expected to provide more understanding about the theory used in which could add insight for further researcher in literary works. This study also expected to be benefit in academics by providing analysis under the anxiety and defense mechanism theory. This study could be benefit for understanding about the types of anxiety and how defense mechanism is used in order to reduce the anxiety.

D. Scope and Limitation

The researcher only focuses on the psychological analysis corresponding according to the problems of the study based on the novel. That is the causes of anxiety, types of anxiety, and defense mechanism

Theodore Finch uses as the main character in Jenniver Niven's *All The Bright Places* by using Sigmund Freud's psychoanalysis. The researcher only put limitations on analyzing the main character's psychological issues related to the problems.

E. Definition of Key Terms

Anxiety: A signal to ego personality to warn about the possibility of danger.

Anxiety is an unpleasant feeling like worry, and fear that can be felt in different level based on the anxiety itself.

Defense Mechanism: The ego function that defends itself from the conflict and anxiety in unconscious process. (Freud,2006)

CHAPTER II

REVIEW OF RELATED LITERATURE

A. Psychology of Literature

Literature has been studied with several other sciences, including psychology, sociology, anthropology, gender, and history, due to the creation of interdisciplinary literary studies. The meeting between the two disciplines gave birth to various approaches in literary studies, including literary psychology, literary sociology, literary anthropology, feminist literary criticism, and new historicism. In addition, it also gave birth to various theoretical frameworks, such as psychoanalysis/ literary psychology. Psychoanalysis was born as one of the literary studies that used to read and interpret literary works, authors, and readers by using existing theories in psychology (Wiyatmi, 2011).

Psychology is the scientific study of behavior in humans. The word "*psychology*" is from the word "*psyche*," which means for the mind, soul, and "*logos*," which means logic. *Psyche* or mind is hard to define because the soul or human mind is abstract (Saleh, 2018). Because of its abstract nature, we can't see it with our senses, and therefore, we can only pay attention to its behavior. This behavior can be seen as a reflection of one's mental state.

The psychology of literature is the psychological study of the writer as a type and individual, the study of the creative process, the research of the psychological types and laws contained in literary works, and the study

of how literature affects its audience (Wellek, 1949). In his book, Wiyatmi (2011) said that by reading and comprehending a literary work, such as a novel, by focusing on the characters and their traits, we could understand the psychological aspects of the character. In this instance, the novel's setting and plot reinforce the character's characterization. This research can provide feedback to researchers about character development.

According to Endraswara (2008), Psychology and literature have the same functional relationship, namely studying the state of the soul. The difference is that psychology is in the form of a real case, while its relation in literature is in imaginative form, a character from a literary work. She argued that several factors affect the fundamental presumptions of literary psychology. First, literary work is a product of the author's mental condition and thoughts that focus on the character's psychological aspect. Second, the psychology of literature also examines aspects of the author's thoughts and feelings when creating the work and how far the author is able to describe the character's so that the work becomes more alive.

B. Psychoanalysis of Sigmund Freud

A literary work can be psychologically analyzed using psychoanalysis. The researcher uses Sigmund Freud's psychoanalytic theories in this study. According to Freud, psychoanalysis's goal is to comprehend the role of the unconscious mind in mental health (Freud, 2006). The major contribution made by Sigmund Freud in the book *Theories of Personality* relates to his belief that people are driven by drives of which

they are unaware and his idea of the unconscious. Freud also divide mental into two levels, the unconscious and the conscious. The part of the conscious is likened to the part of an iceberg that appears on the surface of the sea, while the part of the unconscious, which is much larger, is below sea level. The unconscious is a part of people's minds that contains feelings and thoughts that they are not aware of, and it affects how they behave. In contrast, the conscious is a part of people's minds that contains feelings and thoughts that people are aware exist. The purpose of psychoanalysis in literature is to psychologically analyze a literary work.

C. Structure of Personality

Personality is the general concept for a person's persisting characteristic and tendencies, which lead to predictable thought, feeling, and behavior. Personality also refers to important and relatively stable characteristics in a person that explain consistent behavior patterns (Ewen, 2014). Moreover, Freud divides the personality of humans into three types: the id, the ego, and the superego (Freud, 1991).

1. The Id

According to Freud, the id is the primary personality component that exists from birth. This aspect of personality covers all the unconscious. The pleasure principle drives the id. The id is the oldest and most primitive part of the mind. The id is the part of the mind full of our selfish desire and urges

that immediately demand fulfillment (Freud, 1991). And if these needs are not fulfilled, it can cause the level of anxiety level increase.

2. The Ego

According to Freud, the ego is driven by reality, and it rationalizes the urges from the id and separates them from the restrictions within real life. The ego is the one that meditates between the animalistic id and the real external world. The ego is a component of the mind that decides how to act by taking social conventions and reality into account. The ego seeks pleasures just like the Id, but it is more focused on finding a practical means of doing so without endangering the Id or itself. If the ego fails to use practical strategy to fulfill the id, anxiety is experienced, hence the unconscious defense mechanism is employed to reduce the anxiety that is rising (Freud, 1991).

3. The Superego

The superego holds the moral standards in society (the sense of right and wrong). This part of personality provides guidelines for people to make judgments. This part of the mind is the source of self-criticism, and it reflects morals that exist in society and their own ethics and morals. The superego is the one that monitors the ego, like how the ego supervises the id (Freud, 1991).

D. Anxiety

Each structure of personality has its own function as a whole. The id works on the pleasure principle, seeking what we want and avoiding everything else that is uncomfortable (Freud,1991). Hence, the ego exists to make the desire of the id come true. The ego works like the one who will fulfill the id's wants and needs, and the ego is the one who faces the reality of the id's desires. Therefore, the superego is the structure of personality that filters what is right and wrong based on the norm in society. But, because the id only seeks pleasure, it will pressure the ego to give in to the desire. (Freud,1991). The ego facing reality and the superego are overwhelmed, which makes anxiety arouses.

According to Freud, anxiety signals the ego that tells something is not right and danger is happening (Hall, 1907). Anxiety creates an uncomfortable feeling that people tend not to bear, which we can feel through multiple levels. For example, students who are about to face exams will feel a cold sweat and feel nauseous as one of the effects of stress. People who recently made a mistake will have sleep difficulties due to shame. Freud divides anxieties into three;

1. Realistic Anxiety

Realistic anxiety is the most fundamental form of anxiety or fear of actual danger, and it arises from threats in the outside world rather than from unconscious fears. (Hall, 1954).

2. Neurotic Anxiety

The anxiety known as neurotic anxiety is the worry that the id may overreact and result in punishment. There is a great deal of terror of the punishment itself as well as an expectation of undiscovered peril. (Hall, 1954).

3. Moral Anxiety

Moral Anxiety is fear of the conscience. It is the response that occurs when the superego threatens the ego with punishment, and it happens when the Id wants to express immoral ideas or actions. Moral anxiety is created by the superego, which dictates the right thing to do (Hall, 1954).

E. Defense Mechanism

Defense mechanisms are employed to lessen any worry that may arise. Freud used the term "defense mechanism" to describe a person's unconscious strategies for overcoming fear. There are several kinds of defense mechanism that used to reduce anxiety such as;

1. Denial

according to Freud (1991), Denial means falsifying reality by saying that the truth is false or in the way of distorting reality itself. Simply put, denial is the refusal to accept that something has actually happened. The individual themselves behaves as if nothing happened. The person itself will deny everything related to unpleasant feelings or unacceptable reality.

2. Repression

Repression is the ego's way to subconsciously keep anxious or unpleasant feelings out of our awareness by keeping them buried and hidden in our subconscious. Repression itself is the most basic powerful defense mechanism because it is an active process of all other defense mechanism by pushes the uncomfortable though. In his book, Freud (1991) said that one way of repression Is by forcing their way through the opposing feeling or how the ego may find another expression as a displacement.

3. Isolation

Isolation is one of the defense mechanisms that we use to avoid unpleasant emotions by removing them from the circumstances they are intended to be tied to, suppressing them, and responding to them coldly (Freud, 1967).

4. Displacement

displacement is the ego's way of redirecting unpleasant emotions from the original source into another receipt to disguise the initial impulse. Usually, this kind of defense mechanism is transferring from a desire that is considered bad to something good (Krech, 1974).

5. Sublimation

sublimation is one way to channel negative and unacceptable impulses as wrong urges into positive and socially acceptable behavior (Minedrop, 2010). It is a substitute activity that gives impulse gratification. In

sublimation, the ego didn't go against the wishes of the id, but it helps the id channel its desires in socially acceptable ways

6. Aggression

Aggression is a state of rage accompanied by stress and anxiety that can result in vandalism and assault. For instance, if someone is frustrated but unable to articulate their anger because it is unformed or vague, they may look for something to use as the object of their vengeance. Sometimes innocent people are the target of attacks (Minedrop, 2010)

7. Projection

Projection refers to the process of displacing one's unwanted and unpleasant urges to another person. According to Freud in (Hall, 1954) Projection involves the disposition to reflect our unacceptable desire to other people. There are three distinct projection types: The most prevalent sort of projection, known as *neurotic projection*, occurs when a person projects their very negative feelings onto another else. *Complementary Projection* occurs When someone thinks that everyone else has the same idea. *Complimentary Projection* happens when a person believes that everyone has the same abilities as them (Andri, 2007).

8. Rationalization

Rationalization is one way to prove one's behavior is justifiable by producing logical reasons for an impulse or thought. The target of this

defense mechanism is usually something that we have done, which makes us uncomfortable, so we rationalize it to ourselves (Andri, 2007).

9. Regression

Freud on (Hall, 1954) said that regression is one way to cope with traumatic experiences and fear by going back to an earlier stage of development that is less threatening rather than handling it in a more adult manner.

10. Reaction-Formation

This kind of defense mechanism replaces the cause or anxiety impulse by its opposites of what they feel in consciousness. Reaction Formation happens when a person does or says something opposite of something they think or want. The typical pattern in this defense mechanism is the use of excessive behavior (Andri, 2007).

11. Acting Out

This defense mechanism is performing a behavior in order to express thought or feeling in order to release the stress caused by anxiety (Boesky, 1982).

CHAPTER III

RESEARCH METHODS

The following chapter elaborate the way the researcher researches the novel and explain about the research design, the source of data, how the data collected and how the researcher analyzes the literary work.

A. Research Design

Given that it seeks to analyze a literary work, this inquiry is literary criticism. According to Abrams, Literary criticism is the study of the limitation, classification, analysis, and evaluation of literary works (Siswantoro, 2005). Although there are many theories in literary criticism, this study concentrated on the psychological approach, focused on psychoanalysis, and the researcher uses Sigmund Freud's anxiety and defense mechanism theory because it is believed to be the most suitable for analyzing Finch's psychological issues. Sigmund Freud's theory of personality, and anxiety is utilized to analyze how Finch, as the main character in Jenniver Niven's *All the Bright Places* portrays her anxious feeling. Freud's idea of defense mechanisms is also used to examine how Finch manages his anxiety.

B. Data Source

The book *All The Bright Places*, written by Jennifer Niven that published in 2015, will serve as the study's data source. The study's data are words, phrases, and sentences taken directly from the book. novel.

C. Data Collection

The following steps are carried out to collect data of this study. The researcher read and observed the novel several times to understand it profoundly and then take note of the essential points and evidence related to the research topic.

D. Data Analysis

After collecting data, the researcher analyzes the data based on the problem of the study by doing these steps: First, the researcher categorizes the relevant data that relates to the study problem of the study. Second, the researchers interpret the data that has been categorized by applying the theory of anxiety and defense mechanism by Sigmund Freud. Third, the researcher shall evaluate and interpret the applicable data based on the anxiety and defense mechanism theory. Last, the researcher concludes the data that have gotten the outcome of anxiety and defense mechanism in the main character.

CHAPTER IV

FINDING AND DISCUSSION

In this chapter, the researcher will present the analysis of anxiety and defense mechanism of Theodore Finch as the main character. The analysis of Theodore Finch is based on the personality structure of Theodore Finch, the causes of Theodore Finch's anxiety. In addition, the researcher will analyze about defense mechanism used by Theodore Finch to reduce and overcome his anxiety. This chapter will discuss about the psychological condition of Theodore Finch as the main character in Jenniver Niven's novel, *All The Bright Places* based on interpretation of his deeds within the novel.

A. Personality Structure of Theodore Finch

Finch, a teenager who from childhood is used to suppressing what he feels. His parents always blamed him and his sister for the breakdown of their household. His father has also been abusive to him since he was a child. The impulsive urges from Finch's id are seen through his action that reckless and obsessive. Finch often thinks about suicide methods without thinking about the long-term effects on himself or the people around him.

"Ladies and gentlemen," I shout, "I would like to welcome you to my death!" You might expect me to say "life," having just woken up and all, but it's only when I'm awake that I think about dying. (Niven, 2015: 4)

Finch often thinks about death, he sees it as a way for him to feel at peace without having to think about all his worries. His obsession with the thought of

death is can be seen as his way fixated on immediate escape of his emotional pain. The instinctual drives seeking to ease psychological stress. His rash actions motivated by instant gratification are further demonstrated by his abrupt choice to explore dangerous areas.

I open my eyes, and the ground is still there, hard and permanent. I am in the bell tower of the high school, standing on a ledge about four inches wide. The tower is pretty small, with only a few feet of concrete oor space on all sides of the bell itself, and then this low stone railing, which I've climbed over to get here. (Niven, 2015: 4)

Finch's also often do impulsive things that can endanger himself. His rash actions motivated by instant gratification are further demonstrated by his abrupt choice to explore dangerous areas. He often engages in activities that trigger his adrenaline to feel alive. When Finch stands on the edge of the school bell tower, his impulsive thought to jump clearly illustrates how his id dominates his actions, driving him to immediately seek relief from overwhelming emotional pain and stress. At the same time, he tried to suppress his desire to run, to disappear.

Theodore Finch's ego works to mediate between his id that is impulsive and destructive urges and the reality world. Although often on the verge of doing impulsive things, the Finch ego tries to balance between his desires and reality. Mainly through his relationship with Violet. Their group project that requires them to go on an adventure to find interesting places makes Finch relieve from his internal struggles. rash actions motivated by instant gratification are further demonstrated by his abrupt choice to explore dangerous areas.

*"Where?" Her eyes are cold and a little wary, as if she's afraid I might out her right here, right now.
"Have you been to Hoosier Hill?"
"No."
"It's the highest point in the state."
"I've heard."
"I thought you might like it. Unless you have a fear of heights." I cock my head.. (Niven, 2015: 86)*

Finch's way of always being active and planning his adventures with Violet indicates that his ego is trying to find value and beauty in this life as an effort to suppress his impulsive desires. Every adventure with Violet are carefully selected by Finch, on way of his ego makes him do something positive. Their visit to several places represents Finch way to pursuit the moment that makes his emotion and mental better.

*I raise my hand again. "Can we choose our partners?"
"Yes."
"I choose Violet Markey."
"You may work that out... with her after class."
I shift in my seat so I can see her, elbow on the back of my chair. "Violet Markey, I'd like to be your partner on this project." ((Niven, 2015: 32)*

Finch attempt to carry on with his daily life, and preserve sense of normal life are another way of his ego doing. Despite his mental health, Finch still tries to go to school, interact with other, and with his friends. He also takes the initiative to work on group assignments with Violet. This suggest that Finch tries to meet society expectations in life.

Finch also uses writing as one way to regulate his emotions. He keeps notes, list, and ideas, channeling this though into something as a way to express his experiences. This shows how the ego attempt to analyze Finch internal conflict. Finch can assert control over his overwhelming though by writing.

He says, "I do my best thinking at night when everyone else is sleeping. No interruptions. No noise. I like the feeling of being awake when no one else is." I wonder if he sleeps at all. (Niven, 2015: 152)

Finch often tried to find a quiet place, and did things that kept him afloat and suppressed his destructive desires, He goes run, swimming, or staying in his room. His ego also tries to manage his overwhelming though. Whenever Finch is alone, he always tried to overcome his own though. mental better.

Finch always trying to make sense of his conflicting emotions. To distinguish between the desire for escape and the desire to living. The way Finch makes notes on how to commit suicide, but on the other hand he also doesn't want to die. The ego constantly tries to balances between the id and superego. But sometimes, the ego are became overwhelmed too. He won't talk to anyone about his what he felt.

*"You have been in every way all that anyone could be.... If anybody could have saved me it would have been you."
I open my eyes and sit straight up, gasping. (Niven, 2015: 106)*

Finch own ego, can't always help him balance between the id and superego. The chaotic urges of the id and how the world sees of the superego creating sense of helplessness. His ego can't stabilize his conflict and organize his own though into something more positive.

*“You have been in every way all that anyone could be.... If anybody could have saved me it would have been you.”
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Finch own ego, can't always help him balance between the id and superego. The chaotic urges of the id and how the world sees of the superego creating sense of helplessness. His ego can't stabilize his conflict and organize his own thought into something more positive. As the result of the destructive urges of id and judgement of superego, Finch becomes doubtful of himself.

“You deserve better. I can't promise you I'll stay around, not because I don't want to. It's hard to explain. I'm a fuckup. I'm broken, and no one can x it. I've tried. I'm still trying. I can't love anyone because it's not fair to anyone who loves me back. I'll never hurt you, not like I want to hurt Roamer.. (Niven, 2015: 227)

Finch ego further fail to develop, and makes him vulnerable to anxiety. This also what makes Finch become more isolated, distancing himself from his friends, choosing to close himself off rather than addressing what he felt that makes reinforcing his sense of detaching and hopelessness. The ego incapable of maintain the stability makes Finch to stop connecting to other world by not answering call, and disappearing without notice.

Finch often worries about burdening people and constantly doubt his own value. This feeling came from the moral framework that measures his action against the idealized standard. His parent, especially his father, who should have been a role model, instead became a bad example for him. The way his father emotionally violent and neglectful toward him, creating an environment where he internalizes criticism and rejection rather

than love and affirmation. This superego causes Finch profound guilt and shame that makes him unable to conform to socially norms and expectations.

Which is why it pays to pretend you're just like everyone else, even if you've always known you're different. It's your own fault, I told myself then—my fault I can't be normal, my fault I can't be like Roamer or Ryan or Charlie or the others. It's your own fault, I tell myself now. (Niven, 2015: 141)

A string of thoughts runs through my head like a song I can't get rid of, over and over in the same order: I am broken. I am a fraud. I am impossible to love. It's only a matter of time until Violet figures it out. You warned her. What does she want from you? You told her how it was now. (Niven, 2015: 278)

His perception that he is broken is reinforced by his inability to live up to perceived ideals, which becomes an inner thought. The way Finch thinks that being normal is the only way to be acceptable by society. Leading him to constantly evaluate himself in terms of moral value and social impact. Finch's struggle to meet his own expectations becomes more dreadful as he falls into his own mind. The clash between the id's impulsive urges, the superego's demands, and the ego's attempts to mediate makes Finch overwhelmed. Whenever he believes that he has let others down, it imprints a sense of failure and shame.

Finch's superego is reflected in the way he cares for others, his moral introspection, and his sense of responsibility. Finch's superego can be seen from how Finch always returns to his friend after disappearing. His morality of wanting to do good is also seen in how Finch helps Violet to overcome her problems about her sister.

B. The Causes of Theodore Finch's Anxiety

Anxiety is typically brought on by someone displaying doubt or by a problem that makes them feel anxious. In addition to the struggle between the ego and the superego, anxiety can be caused by external causes as well. Theodore Finch, in this book, has a lot of issues that are obvious and worry him. In this novel, Theodore Finch has many apparent problems that cause him anxiety.

Mustofa (2019), in his paper, already found that the causes of Finch's anxious feelings developed since his childhood when he got bad nurturing, even violence from his parents by using borderline personality by Adolph Stern. He argued that family contributes to Finch's anxious feelings, leading to bipolar disorder. He classified the symptoms of borderline personality disorder and then matched them with Finch and his family. This study will focus on how Finch got his anxious feeling to rise based on what he felt in his unconscious mind by using anxiety theory based on Sigmund Freud by analyzing on what Finch felt about what made him feel unpleasant and made his anxiety rises

The researcher found that mainly his anxiety is caused by his own family. He has no place he can call a safe place, even his own family. His father was abusive toward him and his sister since they were kids, then their father left his family with a divorce to marry another woman. Finch, as a kid, indeed needed more affection, especially after being left by their father, but his mother was unable to cope with the divorcement and always neglected her child. She did not think about Finch's condition, which worsens time after time.

The environmental factors will be the major contributor to anxiety. A person's environment plays a significant role in shaping his life, especially regarding his

attitude and behavior (Barlow, 1998). For instance, a person who lives in the central city will behave differently than someone who lives in the suburban area. Finding the reason of one's anxiety might be challenging for some people because it's not always as straightforward as identifying a specific situation. Environment can both provoke anxiety disorders and, in rare situations, even be the main cause of them. A lot of mental health is formed by life experiences like stress and trauma, which suggests that people can develop anxiety problems just from their environment.

Finch was raised in a bad environment. His own family cannot be a role to him as they should, as his dad abused him when he was a kid. In this case, environment is one of the leading causes of Finch's anxiety. Moreover, his father chose another woman and left his family.

Ever since my dad left, she's tried really hard to be the cool parent. Still, I feel bad for her because she loves him, even though, at his core, he's selfish and rotten, and even though he left her for a woman named Rosemarie... Ever since then, I've done what I could to be pleasant and quiet (Niven, 2018: 38-39).

This quotation shows how his father abandons his family to pursue another woman, leaving a scar on his family. The left of his father makes Finch's condition worse. His father has already abused him and now leaving them. However, Finch did not get any better because he was obligated to meet his father once a week and saw how his father acted so sweetly toward his new family that he never had. The hatred of Finch toward his father has been piling up since then. Finch's mother is also devastated by this incident, especially since she really loves her husband. Ever since

they divorced, she tried his best to be a good mom, but she cannot ever truly love him like before because she loves his husband and still cannot get over the divorcement.

“Josh Raymond kicks the table, shows bad manners at the family dinner. Dad looked at him and said to josh in a soft voice that I had never heard before or that dad never spoke softly to me, even to my sister.” (Niven, 2015: 69)

This shows how Finch's dad's different attitude toward Raymond, his new stepson. Raymond seems to be an excellent loving father that never angry with Raymond. Even when Raymond misbehaves by kicking the table, he is not angry at him and tells him in a soft voice. This makes Finch feel unfair because since he was a child, he was abused and never got that kind of affection from his father. All that neglect and abuse from his father made Finch try to find an escape since he was a kid, which affected him when he was older.

“And then he’s off the couch and lunging for me, and he catches me by the arm and wham, slams me into the wall. I hear the crack as my skull makes contact, and for a minute the room spins.” (Niven, 2015: 102)

Finch's dad had abused him since he was a kid. When he was a kid, his father abused him physically, and when Finch was growing up, his father abused him verbally, guilt-tripping him. This is one reason Finch has anxiety and always thinks that everybody else wants to hurt him and that no one loves him. He is afraid of getting hurt until he cannot feel pain anymore and wants to commit suicide to find his peace.

“Mom has stopped eating to study my face. When she does pay attention, which is not often, she tries hard to understanding my “sadness,” just like she tries hard to be patients when kate stays out all night and Decca spends time in the principal’s office. My mother blames our bad behavior on divorce and my dad. She says we just need time to work through it.” (Niven, 2015: 39)

This shows about how his mother can’t cope with the divorcement, and blame the kids for it, instead of becoming the role for her children. She said she needed time to overcome it, but her condition never improved. She was getting worse each day, she neglected Finch more and still blamed him for the divorcement. She is getting more and more indifferent to his own family. Moreover, she tried to keep busy with her work and rarely seen home.

“I can go downstairs right now and let my mom know how I’m feeling—if she’s even home—but she’ll tell me to help myself to the Advil in her purse and that I need to relax and stop getting myself worked up, because in this house there’s no such thing as being sick unless you can measure it with a thermometer under the tongue.” (Niven, 2015: 117)

This shows about how Finch family's condition. His mother was too busy to take care of her children. Even when Finch feels sick, his mother seems to take care even a little bit, instead just asking him to take her pain relief medicine, which is not the correct medicine for Finch. Not like other mothers who take care of her children who are sick. This makes Finch feel that he is not loved, so he prefers to wander somewhere instead of his house.

“He left us once, when I was ten or eleven, said he couldn’t deal with us anymore. I think he was with her then. He came back, but when he left for good, he made it clear it was our fault. Our fault he came back, our fault he had to leave. He just couldn’t have a family.” (Niven, 2015:141)

Even though his father had already left them to marry his new lover, he returned to make Finch feel miserable. Just like what he did back then was not enough, he also blames him for his incompetence toward his family. This also shows that his father has left them more than once and still blames his own child.

C. The Types of Theodore Finch's Anxiety

According to Freud, anxiety is a result of a struggle between the ego and the superego. Here, Finch has two of three types of anxiety according to the causes of anxiety. Freud classified anxiety into three categories: reality, neurotic, and moral worry. It is characterized as emerging from the conflict between the ego and superego. According to the causes of anxiety, Finch is experiencing three types of Anxiety.

1. Realistic Anxiety

Realistic anxiety is anxiety that a person experiences. We refer this anxiousness as a fear in daily life. The emotion of being afraid of threats to one's life that may come from the outside (Freud, 1991). Conflict between the ego and superego is the cause of anxiety. Finch's anxiety results from his id that seeking for pleasure and avoidance of discomfort, as well as the ego's ability to provide those desires. The ego must battle the reality and the superego, which results in raising the anxiety level. The realistic anxiety experienced by Finch is the anxiety that he gets from his father and his schoolmates. Finch father Finch's father used to be violent to him since he was a kid.

Twelve years ago, he was a professional hockey player better known as the Slammer, until he shattered his femur against another player's head. He looks the same as he did the last time I saw him—too handsome and too fit for a guy his age, (Niven, 2015: 68)

coffee table, watching some sort of game and shouting at the television. His face is purple, and the veins in his neck are hulking out. He's got a beer in one hand and a remote in the other. (Niven, 2015:159)

"I hold up my hands and they're shaking, because my hands, like the rest of me, would like to kill my father. Ever since I was ten and he sent Mom to the hospital with a busted chin, and then a year later when it was my turn." (Niven, 2015:102)

Finch's realistic anxiety is caused by the conflict between his ego and superego, where his id wants to get revenge on his father, but he knows that as bad as his father is, he is still his own father and family. Moreover, he knows that it will get ugly in society if a son beats his own father. Finch's father was a hardcore hockey player back then and had a bad temperamental, and little Finch became the object of his anger. Finch's hatred toward his father is so outrageous that he wants to kill his own father. Because of all his father's actions toward him and his own family. The fact that he is not only acting like that toward his child but also his own wife, which makes Finch hatred become more and more enormous.

Realistic anxiety is a state of being brought on by the observation of a threat in the outside world. Any threatening or harmful circumstance in a person's environment is considered a danger. Fear of particular things or situations can emerge as a result of this kind of experience. As for Finch, having himself abused by his father left him with a trauma that increased Finch's realistic

anxiety. Moreover, that Finch dad used to be hockey player that his strength is not questionable.

Finch's relationship with his schoolmates is not good. Finch does have someone who sees him as a friend, but he also has many people that did not like him. He also often got bullied at school. Usually, Finch is apathetic to them, but sometimes they even endanger his life. This anxiety is caused due to conflict between his ego and superego, where he wants to fight back against his schoolmates who bully him and end his life at school being bullied. However, he knows that he will get into trouble if he gets into a fight, moreover his schoolmates.

The guys who haven't left yet fade away into the background, like they're trying to go invisible. Roamer leans in so close, I can smell the eggs he had for breakfast. "You're dead, freak." (Niven, 2015: 206)

Reality anxiety, according to Sigmund Freud (1991), is a legitimate reaction to the events of the present; this worry does not need to be erased because it serves as a catalyst for change. Humans regularly experience this anxiety, which stems from a dread of danger in the outside world. For Finch, he gets his realistic anxiety up caused by his father and his schoolmates.

2. Neurotic Anxiety

As one of the pioneers of psychology, Sigmund Freud popularized the term "neurotic anxiety" to characterize the emotional pain brought on by internal conflicts between one's ego (self-concept) and id (primal urges and desires). In

contrast to realistic anxiety, which he defined as a legitimate scared response to a real threat, neurotic anxiety is a sort of worry that is excessive, illogical, and stems from internal fears rather than external threats.

According to Freud's psychoanalytic theory, someone who feels like they are losing control over themselves and their lives or when their ego is endangered can experience neurotic anxiety. They become "neurotic" as a result of their anxiety, which is a term for dysfunctional and rigid reactions to stress or worry in a frantic attempt to regain control.

This kind of fear develops as a result of stimuli id, such as when a person feels unfocused, anxious, uncontrollable, unable to control their conduct, reason, or even their thoughts, at which point they suffer neurotic anxiety. This anxiety is frequently described as a person's nervousness when confronting particular scenarios.

Finch's neurotic anxiety as the result of conflict between id and ego are occurred when he wants to help Violet to overcome his anxiety and trauma of her losing sister. And want to be a good son. But his id cannot restrain himself from become aggressive.

"The boy is troubled, Violet. The boy is unpredictable. He's dealt with anger issues since he was little. This is not the kind of person you need to be spending time with." (Niven, 2015: 237)

Despite having trouble with his own family. Finch also be hated by his schoolmates. They even called him Theodore Freak. Even his later girlfriend is told to not spending time with. Finch mostly do not care with them because he had zero

care about other things because he doesn't trust other people anymore before he meets Violet, mostly because how he doesn't have a harmonious family, so he doesn't know how to express himself.

"I get into these moods sometimes, and I can't shake them." He's still strumming the guitar, still smiling, but his voice has gone serious. "Kind of black, sinking moods. (Niven, 2015: 294)

Because Finch always shut what he really feels, and never seek for help, he started to hear things. He even gets into dark moods sometimes.

Neurotic anxiety, according to Sigmund Freud (1991), is the worry that an individual's instincts will go away and lead them to act in a way that will result in punishment.

3. Moral Anxiety

According to Freud (1960), moral anxiety is the fear of consciousness. It is a person's uneasiness that results from thinking that is inappropriate in light of society's moral standards. Morally anxious people are thought to have a well-developed superego. Those who are thinking experience shame or guilt. When Finch and Violet lose track of time and return to the house when it is daytime, that is when Finch first encounters Violet's parents. On the crest of Purina Tower, they frequently hang out. Finch and Violet were surprised when they found themselves dozing off on Purina Tower. When Violet calls her parents and they

are already on the ground, Finch runs out of the parking lot. Finch returns home in a swift car. On the way back home, he kept his mouth shut to Violet since he was focused.

Then he is saying over my head, "Go inside, Violet. Tell Finch good-bye." It sounds final, the way he says it, like Tell Finch good-bye because you will never see him again. Behind me, I hear Finch: "We lost track of time. It's not Violet's fault, it's mine. Please don't blame her." My mom is there now, and I say to my dad, "It's not his fault." But my dad isn't listening. He's still looking over my head at Finch. (Niven. 2015: 237)

Finch wanted to speak with Violet's parents, but Violet begged him to leave when they got to her home. Mr. Markey approaches Violet right away, gives her a hug, and tells her to go inside and bid Finch farewell as if they would never see each other again. Then, Finch makes an attempt to convince Mr. Markey that all that occurred was his responsibility and not Violet's because they lost track of time. "I'd get out of here if I were you, kid," Mr. Markey replies, but Finch stays put. Mr. Markey then moves a little closer, but Violet prevents him and moves her father into the house with her mother. Finch feels that he has failed to carry out the mandate given by Violet's parents, which makes him feel so guilty that he blames himself over and over again. Even though he had tried to make amends, Violet's parents no longer believed in him. This makes his anxiety up, and until in the end he killed himself because he can't find a way to overcome this anxiety.

D. The Defense Mechanism Used by Theodore Finch

Freud used the term "defense mechanism" to describe a person's unconscious efforts to manage their worry. Defense mechanisms, which are unconscious methods employed by people to shield themselves from worrying thoughts or feelings, can help people manage their traumatic events and constructively redirect their energy. According to Freud, various defense mechanisms are employed to lessen anxiety. Finch employs a number of defense mechanisms to lessen and conquer his fear.

1. Repression

Repression is the unintentional suppression of negative feelings, emotions, and thoughts from the conscious mind. This defense mechanism's primary goal is to reduce worry and guilt feelings. It drives unpleasant feelings, emotions, and impulses into the unconscious mind. Finch's father beat him when he was a child, who causes him to repress his contempt for him.

I want to bawl, but I tell myself: Disguise the pain. Don't call attention. Don't be noticed. So with every last ounce of energy—energy that will cost me a week, maybe more—I say, "He does the best he can. (Niven, 2015: 270)

When his counselor asks Finch what is wrong with him, Finch tells him that his father is the problem. He said that his father did not want to become a family and underestimated his obligations as head of the family. His counselor tried to help him, but Finch did not want to open up to him. He just told him he was not happy with his father. He even lied that his father died in an accident. While talking with his counselor, he also jokes about thinking of suicide. Even when he is in a

counseling session, Finch still doesn't really open up about what is really bothering him

This shows that Finch constantly represses himself from getting help from others even though Finch is hurt. He can't get help from his family because the one who hurt him was his own family, a place that should be able to protect him. He always told himself to disguise what he really feels, because he thinks nobody care about him so it better to never call attention.

2. Regression

Regression is a defensive strategy in which a person goes back to a less developed or earlier developmental stage while dealing with stress or emotional turmoil. By doing this, they take comfort in the familiar activity or behavior that was common in their early years.

I pull the comforter up around me, as tight as I can—so that I can't even see the room anymore—and lie back on my bed like a mummy. It's a way to keep in the warmth and the light so that it can't get out again. (Niven, 2015: 168)

He creates himself a safe place in his room, like his closet and blanket. He needed that because he needed to be felt safe. By tightening the comforter around him, like a mummy, which is a childlike way of seeking comfort and security. he could feel the warmth even though he can't even see anything, just that he did not believe in anyone. He needs to find his own way to make himself feel safe.

3. Isolation

Isolation is a defensive strategy that separates potentially dangerous thoughts and emotions from other cognitive processes. (Baumeister, 1998). Finch always cuts his connection with others when his anxiety has piled up. He does isolate himself from everyone, including his own girlfriend.

I walk into my closet and shut the door. Inside, I try not to take up too much space or make any noise, because if I do, I may wake up the darkness, and I want the darkness to sleep. (Niven, 2015: 277)

He also often goes to his closet and tries not to take up too much space or noise, as he is the only one there. He can feel secure, but in there, he is still afraid of waking up his other side, the side that he develops as time goes by his father abuses him. He makes his own room into his safe place. That he can only feel himself safe in there

Charlie tosses his books into the backseat of his car. "That's just his thing. He comes and goes when he wants." He takes off his jacket and throws this on top of the books. (Niven, 2015: 176)

*"Not yet. Did you find Theo?"
"No. He's not there."
"He does that sometimes."
"Goes away?"
"He'll be back. He always comes back." That's just his thing. It's what he does. (Niven, 2015: 313)*

Finch also isolates himself from his friend. Based on his friend, Finch goes whenever he wants, but he always returns. However, he never told anyone where

he was going or what he would do. Furthermore, his friend was not surprised by that because that is what Finch always does.

4. Sublimation

Sublimation simply involves redirecting undesirable urges, thoughts, and emotions into more favorable ones. Sublimation is a type of diversion. This is known as sublimation, when the ego replaces unwanted impulses with more socially acceptable actions (Alwisol, 2011). Finch sublimation was one of his defense mechanisms whenever he felt overwhelmed.

*“He runs?”
“About fifteen times a day.”
It’s my turn to say, “Huh.”
“You never can tell what that boy’s going to do.” (Niven, 2015: 183)*

When Violet asks Finch's friend where Finch is, his friend replies that he runs and always does that. This show that Finch converts his anxious feeling into action. In this case, Finch always ran when he felt anxious, hoping that he would get tired and forget about his own feelings. This show that Finch converts his anxious feeling into action. In this case, Finch always ran when he felt anxious, hoping to get tired and forget about his own feelings.

*...and that’s when I see the pieces of paper there, kind of like his
Wall of Ideas, but not as many or as cluttered.
“So I’ve discovered I think better in here. It gets loud out there sometimes
between Decca’s music and my mom yelling at my dad over the phone. You’re
lucky you live in a house of no yelling.” He writes down House of no yelling and
sticks it onto the wall. Then he hands me a pen and a pad of Post-its. “Want to
try?” (Niven, 2015: 291)*

Finch learns about how to express his feeling by sticking notes onto the wall from this sister Decca. That's why his closet is full of sticky notes, from what he feels, or what keeping him alive.

5. Displacement

Displacement is one of these coping mechanisms by which a person diverts one's feelings or desires from a potentially dangerous source to one that is safer or more acceptable.

until the wall is blank. I shove them into a trash bag, but this isn't enough, so I decide to paint. I'm sick of the red walls of my room. The color is too dark and depressing. This is what I need, I think. A change of scenery. This is why the room feels off. (Niven, 2015: 171)

When Finch has a problem with Violet, his anxiety increases, and he tries to change his mood by painting his room's walls to forget about his problem. Instead of doing something that can harm someone else or himself, Finch choose to redirect it into his room wall.

6. Aggression

Freud (1991) says that aggression is a feeling of hostility that is linked to stress, and anxiety can lead to immediate devastation and conflict. It occurs as a result of an irate sensation that is caught in suspense and tension and can easily escalate to attack and devastation. Aggression refers to behaviors that can lead to both physical and psychological harm to ourselves and others. Aggression tends to hurt another either physically or mentally. Aggression as a defense mechanism is one way to express anger when responding to fear.

In a flash, I have him up against the locker, my hands around his throat, and I'm choking him until he turns purple. Charlie is behind me, trying to pull me off, and then Kappel is there with his bat. I keep going, because now I'm fascinated by the way Roamer's veins are throbbing, and the way his head looks like a lightbulb, all lit up and too bright. (Niven, 2015: 372)

When Finch's anxious feeling cannot be suppressed anymore, it explodes into aggression. In this case, when Finch cannot take the bully anymore, he becomes a violent person who almost gets his schoolmates dead. When Roamer bully Finch to far, that Finch can't take it anymore he tried to get Roamer back. Even that other tried to get him off Roamer, he still keeps it going. Because that now he can't take the bully anymore.

7. Acting Out

The unconscious uses acting out as one of its borderline defenses to prevent the ego from discovering it. In order to convey feelings and thoughts, those who act out engage in action. To convey sentiments or thoughts that one feels unable to articulate, a person will act out by engaging in extreme conduct. When someone acts out, it can serve as a pressure release and frequently makes them feel more at ease and relaxed. Self-harm could also be a way of expressing anger that one cannot bear to feel emotionally through physical suffering.

We head down, where the bottom would be if there was one. The deeper we go, the darker the blue becomes. The water feels darker too, as if the weight of it has settled. It's only when I feel her tug at my hand that I let myself be pulled back up to the surface, where we break out of the water and fill our lungs. "Jesus," she says. "You can hold your breath." (Niven, 2015: 222)

When Finch goes to the lake with Violet, they swam together. Finch chooses to dive to the bottom of the lake, that he said became darker and darker. But Finch under the water too long that makes Violet scared and pull him up. Finch tends to hold his breath as long as he can because he loves to feel the sensation of the burning lung.

I want to go even deeper than this, because the deeper the better. I want to keep going. But something makes me stop. The thought of Violet. The burning sensation in my lungs. I stare longingly at the black of where the bottom should be but isn't, and then I stare up again at the light, very faint but still there, waiting with Violet, over my head. (Niven, 2015: 224)

Finch always tried to hold his breath as long as possible at every moment. Even when he visits Blue Hole Lake with Violet, he holds his breath long enough underwater, which makes Violet worried about him. By holding his breath underwater, Finch can find a feeling of peace, and he worries nothing. He wants to hold his breath longer, but then he thinks of Violet, that he decided to go to the surface.

"I slam my foot against the gas pedal, and there's the rush as the speedometer climbs to sixty, seventy, eighty, ninety, the needle shaking the higher it gets, the Saturn doing its best in that moment to be a sports car instead of a five-year-old minivan." (Niven, 2015:41)

Finch tends to do something impulsive that can hurt himself. He drove his old car like a sports car until his car limit. This was acting out by Finch as he tried to lower his anxiety by doing some impulsive things.

Defences mechanisms that used helps Finch processing his overwhelming emotions. Defences mechanism is one way of channelling his frustration into something more meaningful less destructive. Through sublimation, doing project adventures with Violet, Finch channels his distress into discovery. These experiences allow him to find reason and meaning in a world that overwhelms him. Their wandering project are not mere diversions, but also one more healthy way to channelling his emotions. Defense mechanism also makes him to engage with his life more and reduce his anxiety.

*You make me happy,
Whenever you're around I'm safe inside your smile,
You make me handsome,
Whenever I feel my nose just seems a bit too round,
You make me special, and God knows I've longed to be
that kind of guy to have around,
You make me love you,
And that could be the greatest thing my heart was ever fit
to do.... (Niven, 2025: 375)*

As the letter Finch wrote to Violet, shows that their adventure together makes Finch happy. Their adventure together as a group, makes Finch redirect is suffering into discovery with Violet. This journey makes Finch experience joy and connection toward other people.

Additionally, defense mechanism also help to maintain Finch's feeling of optimism. By expressing his feeling into sticking notes onto the wall from this sister Decca. That's why his closet is full of sticky notes, from what he feels, or what keeping him alive.

“Want to try?”

“Just anything?”

“Anything. Positive ones go on the wall, negative on the floor over there.” He points to this heap of ripped-up paper. “It’s important to get those down, but they don’t need to hang around after you do. Words can be bullies. (Niven, 2025: 292)

The way Finch write the positive thing into the wall, and destroy the notes with negative word, makes him appreciate life more. It offers Finch a way to express his emotions allowing him to appreciate himself more. By doing this too, he can reframe his negative thought into more positive notes.

“I learned that there is good in this world, if you look hard enough for it. I learned that not everyone is disappointing, including me, and that a 1,257-foot bump in the ground can feel higher than a bell tower if you’re standing next to the right person.” (Niven, 2025: 104)

After his adventure with violet for the group project, Finch express his gratitude toward Violet because of her, he can see that the world is not as bad as he sees. By wandering with Violet, Finch felt that he was understood, and seen as human being.

Finch also uses Isolation and repression as defense mechanism. In the novel, Finch spends a lot of time alone whenever he is overwhelmed by his own thought. It helps Finch to escape from emotional stress. During his episode of overwhelmed, Finch distances himself from everyone, his friend, school, even from Violet. Finch

has a tendency to reflect on his thoughts and emotions, specifically on how he is troubled by depression and suicide.

Water is peaceful. I am at rest. In the water, I am safe and pulled in where I can't get out. Everything slows down—the noise and the racing of my thoughts. (Niven, 2025: 106)

Finch felt peace whenever he was alone. His withdrawal into isolation gives him a little escape from the stresses in his life and gives him room to control his emotions. He finds it easier to control his overwhelming emotions, making it easier for him to cope with his own mind.

CHAPTER V

CONCLUSION AND SUGGESTION

The following chapter elaborate the conclusions of the analysis in the previous chapter. Additionally, this chapter also provides the suggestion for the next researchers.

A. Conclusion

The novel's main character is Theodore Finch, who has an anxiety disorder developed since he was a kid. His father used to abuse him, and later, he divorced his mother and neglected his family. His mother also can't cope with the divorce and always blames her child for the divorce. Another reason he gets anxious is that he feels that he has already let down Violet and can't trust, so he always blames himself for that.

The character personality structure based on Freud's theory of personality consists of id, ego, and superego. Where Finch's id appears in form of his action that is reckless and impulsive. While the ego tries to mediate between his id that is destructive urges and the reality world. The superego of Finch is present to help the ego to control the impulsive of id.

In this story, Finch experiences several types of anxiety. The first is reality anxiety, where Finch feels anxious about the real threats. Such as the anxiety that his father will beat him back and the anxiety that his life is in danger when his schoolmates bully him. The second is neurotic anxiety, where Finch feels out of himself when he feels overwhelmed. For example, Finch

always blames himself for feeling inadequate, and his mother always blames him for the divorce. Finch also has moral anxiety is when Finch feels that he has disappointed Violet's parents by having a late birthday and making Violet's parents, who already trusted Finch, not trust her anymore.

The researcher also discovered the defense mechanism that Finch used in order to overcome his anxiety. Finch uses seven kinds of defense mechanism namely repression, regression, isolation, sublimation, displacement, aggression, and acting out, to lessen the anxiety that developed. It helps to reduce his anxiety and can help him feel more at ease.

B. Suggestion

The researcher advises the readers to develop more social awareness by using the study's theories in real-world situations to identify people's traits. This will help the reader interact, understand, and easily adjust to individuals of various personalities. The researcher also recommends that the subsequent researchers conduct in-depth analyses of psychoanalytic thought. By focusing on the areas that this study did not cover, other researchers should be able to advance this research.

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