

**DEFENSE MECHANISM:
A PSYCHOANALYTIC ANALYSIS IN THE NOVEL
THE GIVER BY LOIS LOWRY**

THESIS

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FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK
IBRAHIM MALANG**

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THESIS
DEFENSE MECHANISM:
A PSYCHOANALYTIC ANALYSIS IN THE NOVEL
***THE GIVER* BY LOIS LOWRY**

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2025

STATEMENT OF AUTHORSHIP

I state that the thesis entitled "**Defense Mechanism: A Psychoanalytic Analysis in the novel *The Giver* by Lois Lowry**" 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 responsible for that.

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The Researcher



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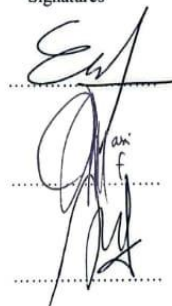
This is to certify that Muhammad Nibras Saputra's thesis entitled **Defense Mechanism: A Psychoanalytic Analysis in the novel *The Giver* by Lois Lowry** has been approved by the Board of Examiners as one of the requirements for the degree of *Sarjana Sastra* (S.S) in Department of English Literature.

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MOTTO

“The future belongs to those who believe in the beauty of their dream”

- Eleanor Roosevelt

DEDICATION

This thesis is proudly dedicated to the following

My beloved family, my father, Sapiih, my mother, Nurhayati, my brother, Faisal
and Naufal: who support and pray for me.

My friends, Dafi, Joko, Ario, Defani, Rahma, and basecamp brother who always
be with me in all condition.

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ABSTRACT

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Keywords: Psychoanalysis, Defense Mechanism, Jonas, Sigmund Freud, Literary Analysis

This study discusses how defense mechanisms emerge in the character Jonas in the novel *The Giver* by Lois Lowry. The character Jonas is described as a young man who lives in a highly controlled society and does not know emotions or memories from the past. When Jonas is chosen to be the recipient of the memory, he begins to feel new things that he never knew before, and from there a lot of mental pressure arises. To deal with this pressure, Jonas shows various forms of defense mechanisms such as denial, repression, displacement, and others. This study aims to reveal how these forms of defense mechanisms emerge and what situations trigger them. This study uses a literary criticism with a psychoanalytic approach from Sigmund Freud as the theoretical basis. The main data used comes from quotes in the novel. The analysis was carried out by reading in depth the important parts of the novel and then identifying Jonas' actions that are included in the types of defense mechanisms. The results of the study showed that Jonas used defense mechanisms as a way to survive psychologically amidst the pressure of memory, social environment, and new feelings that he experienced. In conclusion, defense mechanisms became Jonas' way of surviving in facing situations that he could not understand directly or were too difficult for him to face consciously.

خلاصة

سابوترا، محمد نيراس (٢٠٢٥). آلية الدفاع: تحليل نفسي في رواية "المعطي" للويس لوري. أطروحة بكالوريوس. قسم الأدب الإنجليزي، كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم الإسلامية الحكومية، مالانج. المشرف: أسني فريدا، ماجستير.

الكلمات المفتاحية: التحليل النفسي، آلية الدفاع، الهوية، سيغموند فرويد، التحليل الأدبي

تناقش هذه الدراسة كيفية ظهور آليات الدفاع لدى شخصية جوناك في رواية "المانح" للكاتبة لويس لوري. تُوصف شخصية جوناك بأنه شاب يعيش في مجتمع شديد الرقابة، لا يعرف مشاعر أو ذكريات الماضي. عندما يُختار جوناك ليكون متلقياً للذكريات، يبدأ في الشعور بأشياء جديدة لم يعرفها من قبل، ومن هنا تنشأ ضغوط نفسية كبيرة. للتعامل مع هذا الضغط، يعرض جوناك أشكالاً مختلفة من آليات الدفاع، مثل الإنكار والكبت والتشريد وغيرها. تهدف هذه الدراسة إلى الكشف عن كيفية ظهور هذه الأشكال من آليات الدفاع والمواقف التي تُحفزها. تستخدم هذه الدراسة منهجاً وصفيًا نوعيًا، مع نهج تحليلي نفسي لسيغموند فرويد كأساس نظري. البيانات الرئيسية المستخدمة مستمدة من اقتباسات في الرواية، بينما استُمدت بيانات إضافية من كتب نظرية ومجلات ذات صلة بالتحليل النفسي. أجري التحليل من خلال قراءة متعمقة للأجزاء المهمة من الرواية، ثم تحديد أفعال جوناك التي تندرج ضمن أنواع آليات الدفاع. أظهرت نتائج الدراسة أن جوناك استخدم آليات الدفاع كوسيلة للبقاء نفسيًا وسط ضغوط الذاكرة والبيئة الاجتماعية والمشاعر الجديدة التي مر بها. باختصار، أصبحت آليات الدفاع سبيل جوناك للبقاء في مواجهة مواقف لم يستطع فهمها مباشرة أو كانت صعبة عليه مواجهتها بوعي.

ABSTRAK

Saputra, Muhammad Nibras (2025) Defense Mechanism: a psychoanalytic analysis in the novel *The Giver* by Lois Lowry. Skripsi Sarjana. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing : Asni Furaida, M.A.

Kata kunci: Psikoanalisis, Mekanisme Pertahanan, Sang Pemberi, Sigmund Freud, Analisis Sastra

Penelitian ini membahas tentang bagaimana mekanisme pertahanan diri atau defense mechanism muncul pada tokoh Jonas dalam novel *The Giver* karya Lois Lowry. Tokoh Jonas diceritakan sebagai anak muda yang hidup di lingkungan masyarakat yang sangat terkontrol dan tidak mengenal emosi atau kenangan dari masa lalu. Saat Jonas dipilih menjadi penerima memori, dia mulai merasakan hal-hal baru yang sebelumnya tidak pernah ia tahu, dan dari situ muncul banyak tekanan batin. Untuk menghadapi tekanan tersebut, Jonas menunjukkan berbagai bentuk mekanisme pertahanan diri seperti penyangkalan (denial), represi (repression), dan pengalihan (displacement). Penelitian ini bertujuan untuk mengungkap bagaimana bentuk-bentuk defense mechanism itu muncul dan apa saja situasi yang memicunya. Penelitian ini menggunakan metode kritik sastra dengan pendekatan psikoanalisis dari Sigmund Freud sebagai dasar teori. Data utama yang digunakan berasal dari kutipan dalam novel. Analisis dilakukan dengan cara membaca secara mendalam bagian-bagian penting dalam novel lalu mengidentifikasi tindakan Jonas yang termasuk dalam jenis-jenis defense mechanism. Hasil penelitian menunjukkan bahwa Jonas memakai mekanisme pertahanan sebagai cara untuk bertahan secara psikologis di tengah tekanan dari memori, lingkungan sosial, dan perasaan-perasaan baru yang ia alami. Kesimpulannya, defense mechanism menjadi cara bertahan Jonas untuk menghadapi situasi yang tidak bisa dia pahami secara langsung atau terlalu berat untuk dia hadapi secara sadar.

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CHAPTER I

INTRODUCTION

This chapter serves as the beginning of this research. It provides information about the background of the study to introduce the topic discussed, the theories applied, and the objects used for the analysis. There are several other sections to emphasize the problems to be analyzed, the significance of the study, the benefits offered by this research practically, the objectives of the study, as well as the scope and limitations, and the definition of key terms.

A. Background of the Study

Literature is not just entertainment, but can also be a reflection of the psychological experiences of humans living in society. In their stories and characters, writers often describe how humans deal with emotional stress and even trauma. One of the psychological reactions that emerges and is widely discussed in literary works is the defense mechanism. This concept was originally introduced by Sigmund Freud, then further developed by Anna Freud. This defense mechanism works unconsciously, as a way for the ego to avoid anxiety (Anna Freud, 1926). This concept later became an important tool in analyzing characters in literary works, especially those related to psychological repression and social control.

One relevant novel is *The Giver* (1993) by Lois Lowry. This novel is set in a dystopian world and tells the story of Jonas, a boy who begins to question the order of his seemingly perfect society. When Jonas begins to receive memories

from the past, which contain both happiness and suffering. Jonas' emotional reactions to these experiences can be analyzed through various types of defense mechanisms such as repression, denial, rationalization, and sublimation.

The society in *The Giver* itself is designed to eliminate pain, choice, and deep emotions so that everything remains orderly. This rigid and cold system reflects Freud's theory of repression, where emotions that are considered unacceptable will be suppressed into the subconscious so as not to disturb comfort (Freud, 1915). When Jonas begins to feel emotions and get memories that are hidden from others, his emotion begins to be shaken. repression is the basis of many other defense mechanisms, and plays a major role in how a person deals with psychological pressure. Jonas' journey in this novel is a clear example of this process.

In *The Giver*, Lois Lowry creates a utopian world that is systematically controlled for order. However, this order removes important elements of humanity, such as feelings, color, and choice. Lowry describes how a seemingly perfect society actually hides psychological oppression (Lowry, 1993). As explained by (Brian, T. 2019), society in *The Giver* creates “control through ignorance” that makes citizens live carefree, but also meaningless. Jonas as the Receiver of Memory shows how memories become a door to inner freedom and awareness. Through the experience of memory, Jonas begins to question the values of his community. According to (Lone & Zafar, 2018), memory in this novel becomes a form of resistance to the culture of collective oppression. Painful memories actually make Jonas understand true human values such as love, loss, and freedom.

In this novel, society is also controlled through the use of strict and precise language. This supports Foucault's view of how power works through discourse and knowledge (Lone & Zafar, 2018). When people cannot say “love” or “die,” they also cannot understand or question the reality around them. In this way, language becomes a tool of oppression. The practice of “release” in the community illustrates a major ethical dilemma. Jonas is deeply shocked when he learns that his father actually “killed” the baby in the practice. As (Feng, 2023) says, *The Giver* illustrates how the system can disguise immoral acts as administrative routines if society is conditioned not to feel. This conflict is central to Jonas’ moral growth. At the end of the story, Jonas seems to experience spiritual enlightenment. He hears music and feels at peace even though he is on the verge of exhaustion and death. This transcendence is the highest form of psychological defense called spiritual sublimation (Preidel, 2024). Jonas no longer rejects suffering, but transforms it into an emotionally and spiritually meaningful experience.

The application of psychoanalytic theory in literary criticism allows readers to see characters more deeply from a psychological perspective. This approach can reveal the unconscious motives of characters, and show how their emotions and behavior can be seen through attitudes or actions (Tyson, 2006). In Jonas' case, the societal conditions that suppress emotions and memories make him a numb person at the beginning of the story, but then change after experiencing emotional awareness. Jonas' reactions to guilt, trauma, and loneliness show classic patterns in Freud's theory of how the human mind deals with emotional stress.

Many previous studies have also applied the defense mechanism theory to analyze literary works. For example, (Cramer, P., 2006) examine how denial and

projection shape the emotions and behavior of characters in *Frankenstein*. These studies show that fictional characters often reflect real psychological patterns, making literary analysis one way to understand human behavior. By using the same framework in the novel *The Giver*, this study expands on existing studies, especially in the context of a dystopian society. This study aims to see how defense mechanisms describe the process of Jonas' emotions and behavior depicted in the novel *The Giver*.

This novel was chosen because it has a strong psychological theme, especially about emotional repression and social control. After becoming the Receiver of Memory, Jonas begins to recognize the reality hidden by society. The emotions that arise in this process gives rise to various forms of defense mechanisms. Therefore, the focus of this study is to explore defense mechanisms.

Some previous studies have already shown that psychological theory can be used to analyze characters in stories. For example, a study by (Apriningsih, 2018) used psychoanalytic theory to see repression and guilt in the novel *The Memory Keeper's Daughter*. In that story, the character tries to suppress the trauma from a decision in the past. Then (Dewi, 2020) also used a similar approach in analyzing the novel *Wonder*, and found that the main character uses repression and denial to face social anxiety.

Then in a story with a more dystopian setting, (Ulfa and Wulandari, 2021) studied *Alice in Wonderland* and discussed how the character Alice experiences anxiety and shows defense responses. Even though the character is different, Alice's psychological experience is quite similar to what Jonas goes through in *The Giver*,

who also faces a new reality and emotions he never knew before in a highly controlled society. Then (Izzah and Pandin, 2024) studied McGlue and saw how trauma and denial appear through extreme behavior because of long-time repression.

Another example, (Giordano, G., 2023) used Freud's theory to analyze Frankenstein. There, the character Victor is shown doing rationalization of his unethical actions and also showing denial so he doesn't feel guilty. From those studies, we can see that the combination of literature and psychology, especially the psychoanalytic approach, really helps to understand characters more deeply. So, it's not only looking at what the character does, but also understanding why they do it from a psychological side. That's why this approach is very relevant to use in analyzing Jonas's character in the novel *The Giver*.

Through this analysis, this study aims to contribute to the understanding of psychoanalytic theory in literature, especially in relation to emotional resilience and psychological experiences in stressful situations. In addition, this study also shows that fictional stories can be a reflection of human experiences in dealing with fear, guilt. By looking at Jonas' behavior and experiences through Freud's defense mechanism theory, this study aims to show that the journey towards defense mechanism often begins with how a person survives psychologically.

B. Problem of the Study

How is the defense mechanism portrayed through Jonas in the novel *The Giver* by Lois Lowry?

C. Significance of the Study

This research is expected to contribute both theoretically and practically in the field of literary studies, especially in the application of psychoanalytic theory in analyzing characters in fictional works. In theory, this research tries to apply Sigmund Freud's psychoanalytic theory in more depth, especially in the concept of defense mechanisms in the development of Jonas' character in Lois Lowry's novel *The Giver*. This research can broaden the scope of literary criticism because it combines a psychological approach in reading fictional works, especially in dystopian literature. By identifying and explaining various forms of self-defense mechanisms such as repression, denial, rationalization, and sublimation, this research provides a better understanding of how the characters' internal psychological conflicts can be seen from the behavior.

Practically, this study is useful for students, lecturers, and general readers who are interested in analyzing literary works with a psychological approach. For English literature students, this study can be a real example of how psychoanalytic theory can be used in writing theses or literary analysis assignments, as well as helping to improve critical thinking skills and analyze literary works with a psychological approach. For teachers, the contents of this study can be used as additional material to explain psychoanalytic theory, especially when teaching about character emotions and behavior in novels. This study can also help readers become more sensitive and reflective when reading literary works, because they can see how fictional stories can reflect human psychological reality.

D. Scope and Limitations

This study only focuses on the psychoanalytic analysis of the defense mechanisms found in the main character, Jonas, in the novel *The Giver* by Lois Lowry. The main theory used is Sigmund Freud's defense mechanism theory. The mechanisms discussed include repression, denial, projection, displacement, rationalization, reaction formation, suppression, sublimation, and other mechanisms that are considered appropriate to Jonas' psychological condition. The focus of the analysis in this study is only on the character Jonas because he is the main character who experiences emotional conflict, memory suppression, and also the process defense mechanism appears from various situation. The study was conducted by reading in depth certain parts of the novel that show psychological symptoms or defense responses. Only quotes that are directly related to Jonas' behavior and experiences are used as data.

This study does not discuss all the characters in the novel or other literary aspects such as plot, style, symbolism, or narrative structure. Although other characters also have interesting psychological sides, this study does only focus on Jonas. The aim is to see how Jonas portrayed defense mechanism in his experiences in the community. In addition, the theory used is limited to Freud's classical psychoanalysis, especially the defense mechanism theory. The results of the analysis are also only based on literary criticism and do not involve empirical research methods or clinical psychology. This study is also limited to the English version of the novel published by Houghton Mifflin in 1993. Differences in translated or adapted versions are not discussed and are not taken into consideration in this analysis.

E. Definition of Key Terms

1. Defense Mechanism: According to Freud as quoted in Anshori (2011), humans are basically driven to reduce tension within themselves, especially to avoid anxiety. Anxiety itself is an unpleasant state of mind that should be avoided as much as possible. Anxiety arises because of conflict between the three parts of the human personality, namely the id, ego, and superego. To relieve this anxiety, humans will use a defense mechanism. Without this mechanism, anxiety can be a threat to a person's mental health. Defense mechanisms that are carried out unconsciously and within certain limits actually have no negative impact. But if used excessively or continuously, this mechanism can become strong and dangerous, because it requires a lot of psychic energy to support it, even though the real problem is not resolved.

CHAPTER II

LITERATURE REVIEW

This chapter explains the theoretical basis that is the basis for analyzing the defense mechanism in Lois Lowry's novel *The Giver*. The discussion begins with the relationship between psychology and literature to provide an overview of why this study is relevant, then continues with a deeper explanation of Freud's defense mechanism theory.

A. Psychological Approach

Literary psychology is an approach in literary studies that examines literary works using psychological theories to understand characters, inner conflicts, and psychological dynamics in stories. This approach connects the psychological conditions of characters and narrative relationships with psychological principles. Psychology and literature are both related to human beings, especially about feelings, inner conflict, and how people deal with life problems. So actually, these two fields can support each other. In literary works, the characters are often described as having quite complicated problems, and from there we can see their psychological condition. Like (Barry, 2017) said, "literature provides a symbolic narrative of psychological phenomena," which means literature can be a symbolic story of psychological things that happen in human life. So, we can see that literature can also be a way to understand psychology.

B. Defense Mechanism

Defense mechanisms are things the mind does, kind of automatically, to deal with stress or mental conflict, like when someone's thoughts or feelings don't match with what's happening around them. Freud (1926) was the one who talked about this first, and then Anna Freud (1936) made a list of types like repression, denial, rationalization, displacement, projection, regression, reaction formation, sublimation, suppression, and maybe more depending on what happens. These are used by people without realizing it to protect their mental condition, though sometimes it can also make them not realize their own emotions or avoid growing emotionally.

Repression is probably the most basic one. It's like when someone doesn't want to remember bad memories or uncomfortable thoughts, so their mind hides them. In *The Giver*, Jonas kind of goes through this when he starts getting memories that are too much for him, especially the painful ones. Same thing was found in (Apriningsih's, 2018) study, where the character Dr. David buried his guilt deep down because of something he did. (Dewi, 2020) also found that in the novel *Wonder*, the main character tries hard to ignore rejection from others and hides his sadness.

Denial is another defense mechanism that people use without thinking, especially when something shocking happens. Jonas shows denial too when he didn't want to believe what "release" really meant. There's also McGlue, a character studied by (Izzah and Pandin, 2024), who refused to accept his trauma and acted destructively. Frankenstein, from the research by (Putri, 2015) is another

example. He acted like what he did wasn't that bad, even though deep inside he knew it was.

Rationalization happens when people try to make excuses that sound reasonable for things they actually did because of emotion. Jonas kind of does that when he tries to convince himself that taking the apple or doing other things were part of learning. Victor Frankenstein also made excuses for his wrong actions, according to (Giordano, 2023) and (Apriningsih, 2018) explained how Dr. David justified his choices too.

Displacement is when someone feels something but can't express it to the right person or thing, so they push it onto something else. Like Jonas, he couldn't be mad at the whole system or his community directly, so sometimes he just lets it out in private moments with the Giver. Same goes for *Lord of The Mysteries* characters in (Badiuzdzakwan, 2024) study, who channeled grief into anger at other things. It helps but only for a while.

Projection is also there, like blaming someone else for what you actually feel yourself. Jonas does this also when he feels frustrated, he kind of puts the blame on others like they don't care, but the problem is actually inside him. Alice from *Alice in Wonderland* also did this, based on (Ulfa and Wulandari, 2021).

Regression is kind of like acting younger than your age when you're stressed. Jonas sometimes wants to go back to his childhood, and he acts more childish in some parts. Dewi (2020) also saw this in *Wonder* where the main character emotionally went back to a safer state when things got hard.

Reaction formation is when people show the opposite of what they really feel. Jonas sometimes acts super polite even when he doesn't agree or feels confused inside. This isn't talked about much in the studies, but still, it's visible in strict societies like the one Jonas lives in.

Sublimation is a more positive one, though. It's when someone takes bad feelings like anger or sadness and turns them into something useful. Jonas did that too, he didn't just get mad, he used that feeling to take a brave step and run away from the community.

Suppression is similar to repression, but it's done on purpose. Like when Jonas holds back his feelings in public and deals with them later alone. In his society, emotions are not really accepted, so this fits with how people are expected to behave. Not many studies talk about this, but it's still important.

So, when we look at all these defense mechanisms, we can see Jonas's mind is trying to survive everything he's going through. His reactions show how he grows from just following rules to becoming someone with real thoughts. Other studies like (Izzah and Pandin, 2024), (Badiuzdzakwan, 2024), and (Ulfa and Wulandari, 2021) show similar findings too.

In the end, these mechanisms aren't just about hiding pain. They actually show growth. Jonas becomes more aware of himself and starts to see what really matters. That's why Freud's theory helps explain how a society that tries to control feelings like in *The Giver*.

CHAPTER III

Research Methods

This chapter explains the research method used in conducting this study. It discusses the type of research, data sources, data collection methods, and data analysis techniques. This study uses a literary criticism because its purpose is to describe and analyze the psychological aspects of the main character in the novel *The Giver* using Sigmund Freud's theory of defense mechanisms.

A. Research Design

This study uses a literary criticism. The purpose of this study is to analyze the psychological condition of the main character, Jonas, in the novel *The Giver* by Lois Lowry using a psychoanalytic theory approach, especially the concept of self-defense mechanisms according to Freud. According to Creswell (2014), literary criticism is belong to qualitative research, it is used to explore and understand the meaning given by individuals or groups to a social or humanitarian problem. In this study, the researcher tries to interpret the literary text by looking at how Jonas shows various defense mechanisms.

B. Data Source

This study uses the novel *The Giver* by Lois Lowry as the main data source. This book was published in 1993 by Houghton Mifflin and contains 23 chapters. The story in this novel center on the main character named Jonas who lives in a society with very strict rules. In this study, the researcher only took parts of the novel that show Jonas' psychological state, such as conversations, narratives, and sentences that describe his emotional reactions.

C. Data Collection

The researcher read the novel *The Giver* carefully and repeatedly in order to find appropriate quotes that contain signs of the use of defense mechanisms. After that, quotes that are considered relevant will be marked, then grouped based on the type of defense mechanism according to Freud, such as repression, denial, rationalization, displacement, projection, regression, reaction formation, sublimation, and suppression. Each selected quote is recorded along with its page number so that it is easier to analyze or quote again.

D. Data Analysis

The data analysis technique used in this study is descriptive analysis. The researcher analyzed previously selected quotes, then grouped them based on the type of defense mechanism shown by the character Jonas. In interpreting the data, the researcher used Freud's psychoanalytic theory as the main basis. Each quote is explained based on its context so that it can be understood how Jonas' psychological reaction is to his surroundings and portrayed defense mechanism.

The results of this analysis later be presented in Chapter IV with a detailed explanation and in-depth discussion. This method is used to further understand the psychological development of the characters in the story, and also provide an overview of how defense mechanisms portrayed in literary works.

CHAPTER IV

FINDING AND DISCUSSION

A. The Defense Mechanism portrayed through Jonas in the novel *The Giver* by Lois Lowry.

This chapter discusses the analysis of defense mechanism that is portrayed by Jonas, the main character in the novel *The Giver* by Lois Lowry. The researcher selects several data in the form of quotations that show Jonas's psychological reactions when he is facing uncomfortable, painful, or confusing situations. These reactions are analyzed using Sigmund Freud's theory of defense mechanisms. Each quotation will be connected with one type of defense mechanism such as repression, denial, displacement, and others. The purpose of this chapter is to explain how Jonas uses these mechanisms unconsciously to deal with difficult memories and emotions, and how those reactions shape his identity during the story. The analysis is done by interpreting the quotation based on the context of the novel and the psychological function behind the defense mechanism.

1. Defense Mechanism: Denial

The researcher found this data as one example of a form of defense mechanism type denial shown by the character Jonas. Denial is a self-defense mechanism in which a person unconsciously rejects reality or painful feelings to protect themselves from anxiety or stress. In this context, Jonas initially felt afraid, but he became calm after receiving an explanation, which shows that he refused to fully acknowledge his fear and

chose to feel safe through the explanation given. This is a form of denial of the original emotions that arise. The quote of the data findings and analysis are explained as follows.

Chapter 1 (p. 4) Quote: "At that time he was scared. However, the explanation made him feel calm."

At the beginning of the story, Jonas is depicted as feeling afraid when facing a situation that he has never experienced before. The sentence "At that time he was scared" shows that he had quite a big fear at that time. But after an explanation from an adult, he immediately felt calmer. In fact, his fear had not really disappeared, it was just that he didn't want to think about it anymore. This can be seen as a form of denial, because he seemed to refuse to admit that he was feeling afraid. So, he seemed to calm himself down with reasons that did not necessarily solve the problem.

If you look deeper, Jonas seems to be trying to pretend that everything is okay just because he has been given an explanation. But actually, he is not ready to admit his fear. In Freud's theory, denial occurs when someone does not want to accept a reality that makes them anxious, so they end up choosing to ignore it. Well, Jonas here shows that characteristic. He prefers to feel calm rather than be honest about his fear. Maybe because he lives in an environment where emotions are not considered important, so he also learns to suppress feelings like that.

His denial seems like a small thing, but it is actually important. It shows that from the beginning of the story Jonas has been used to not admitting his own feelings. This could be because of the rules of the society where he lives which do

not allow people to be open about their emotions. Therefore, the denial that emerged from Jonas was not only a form of self-defense, but also the result of a social environment that pressures people not to be honest about what they really feel.

2. Defense Mechanism: Rationalization

The researcher found this data as one example of a form of rationalization defense mechanism carried out by the character Jonas. Rationalization is a self-defense mechanism in which a person tries to justify wrong or unacceptable behavior with seemingly logical reasons to avoid guilt. In this section, Jonas breaks the rules by bringing home an apple from the recreation area, but he does not immediately admit his mistake. Instead, he examines the apple secretly, as if his actions can be justified because of curiosity. This shows that Jonas is looking for reasons to defend his own actions. The quote of the findings and analysis data are explained as follows.

Chapter 3 (p. 23) Quote: "But he had taken the apple home, against the recreation area rules. That evening, before his parents and Lily arrived at the dwelling, he had held it in his hands and looked at it carefully."

In this section, Jonas does something that is actually against the rules, namely taking an apple home from the recreation area. In the society where Jonas lives, rules are something that is very important and must be obeyed by everyone. But even so, Jonas still takes the apple and takes it home secretly. When he gets home, he doesn't immediately hide it, but instead holds it and looks at it very seriously. This action can be associated with a self-defense mechanism called rationalization, where someone looks for a reasonable reason to justify behavior that is actually wrong.

From a psychological perspective, Jonas actually knows that what he is doing is against the rules. But he still does it, maybe because there is a certain curiosity or urge that cannot be explained directly. By looking at the apple closely, it is as if he is looking for justification for his actions. He does not feel guilty, because in his mind, taking the apple home is not because he wants to break the rules, but because there is something "different" about the apple that makes him curious. That is a form of rationalization: making a reason that sounds logical so that you don't feel guilty.

Jonas' rationalization is understandable because he is still young and is going through the process of recognizing new feelings and experiences. In addition, in his very rigid society, curiosity is not considered important. So, by justifying his actions with the excuse of "curiosity," Jonas can protect himself from guilt, while still feeling that he is not completely wrong. So it can be said that he seeks psychological safety through fabricated justifications, even though in his heart he may be aware that his actions are not in accordance with the rules.

3. Defense Mechanism: Repression

The researcher found this data as one example of a form of defense mechanism type repression experienced by Jonas. Repression is a self-defense mechanism in which individuals unconsciously suppress thoughts, urges, or feelings that are considered disturbing or unacceptable so that they do not emerge into consciousness. In this section, Jonas feels something pleasant but also makes him feel guilty. This feeling of guilt shows that there are certain urges or emotions that he suppresses because they conflict with the values or rules taught since childhood. He does not fully understand why

he feels that way, which indicates unconscious suppression of emotions. The quote of the findings and analysis data is explained as follows.

Chapter 5 (p. 37) Quote: "I felt strange, because it was so pleasant. And at the same time it made me feel a little guilty."

In this quote, Jonas is telling about his dream that felt very pleasant, but strangely he also felt a little guilty afterward. He said, "I felt strange, because it was so pleasant. And at the same time, it made me feel a little guilty." This sentence shows a conflict within himself. On the one hand, he enjoyed the feelings that arose from the dream, but on the other hand there was a feeling of guilt that arose for no clear reason. This reaction shows a form of self-defense mechanism called repression, which is when someone unconsciously suppresses certain feelings or urges because they are considered inappropriate or unacceptable by social norms.

Jonas himself did not fully understand what he was feeling, but he knew that pleasant feelings were forbidden to be expressed or even felt in his society. That is why guilt arose. This made Jonas automatically suppress the emotional urges that arose from the dream, and tried not to think about it further. In Freud's theory, repression works when someone tries to bury feelings that are considered inappropriate into the subconscious so as not to cause anxiety. Jonas did not talk much about the details of his dream, and preferred to follow the advice of adults to "erase" the feelings through medication.

Jonas' reaction here shows how the social system in *The Giver* makes its citizens reject or even throw away natural feelings that should be accepted normally. Repression becomes a way for Jonas to continue to look "good" and in accordance with the rules, even though there is an unresolved conflict in his heart.

This is a form of psychological defense so that he does not have to deal directly with feelings of guilt or urges that he does not fully understand. In the end, this repression makes Jonas lose the opportunity to understand himself honestly from the start.

4. Defense Mechanism: Dissociation

The researcher found this data as one example of a form of defense mechanism of the dissociation type experienced by Jonas. Dissociation is a self-defense mechanism in which a person separates themselves from uncomfortable emotional experiences, as if they are not really present mentally even though they are physically in the situation. In this section, Jonas claps with others, but his actions are done automatically and without meaning. This shows that he is separating himself emotionally from the ongoing reality, as a way to protect himself from psychological stress or tension. The quote of the findings and analysis data is explained as follows.

Chapter 7 (p. 62) Quote: "Jonas moved his hands together, clapping, but it was an automatic, meaningless gesture."

In this section, Jonas is depicted clapping with others, but in a very different way. He claps along, but it is actually done automatically, without any meaning. The sentence "it was an automatic, meaningless gesture" shows that Jonas is not really emotionally involved with what is happening. This is where a self-defense mechanism called dissociation is seen, which is when someone separates themselves mentally or emotionally from a stressful, anxious, or uncomfortable situation. Even though he is physically there, mentally he is not actually connected.

This dissociation occurs because at that time Jonas was feeling stressed or uncomfortable with the situation around him, but he could not immediately reject or escape from the situation. So, he chose to separate his mind from his body. His seemingly ordinary actions, such as clapping, are actually a form of self-protection. By acting like that, Jonas does not need to really face or feel the situation that is taking place. In psychology, this often happens when someone feels that the reality they are facing is too heavy to be handled consciously.

What Jonas did showed that he began to feel alienated from the systems and traditions that existed in his society. Actions such as clapping that should have been full of enthusiasm instead became empty and without feeling. This indicated that Jonas began to feel the difference between what he showed and what he felt. Dissociation became his way of remaining "present" without having to really participate. This confirmed that slowly, Jonas began to experience emotional distance from the world around him, and it emerged as a form of mental defense that he was not aware of.

5. Defense Mechanism: Reaction Formation

The researcher found this data as one example of a form of defense mechanism of the reaction formation type shown by Jonas. Reaction formation is a self-defense mechanism in which a person shows behavior that is opposite to the true urge or feeling, as a way to hide or reject it. In this section, Jonas has been trained since childhood not to lie and always tell the truth, which is an important part of his identity and morality. However, after he was assigned as a Receiver and given permission to lie, he began to show behavior that was contrary to the

teachings he had held so far, as a form of denial of the inner conflict he felt. The quote of the data findings and analysis are explained as follows.

Chapter 8 (p. 66) Quote:

"He had been trained since earliest childhood, since his earliest learning of language, never to lie. It was an integral part of the learning of precise speech."

In this quote, it is told that Jonas has been taught not to lie since he was a child. Even since he first learned the language, he was trained not to tell the truth. Honesty is considered an important part of life in that community. However, the interesting thing is that later Jonas was given the task of being the Receiver of Memory, and that role allowed him to start lying. This is where a big contradiction appears in Jonas. The form of self-defense that can be seen from this condition is reaction formation, which is when someone shows an attitude or behavior that is the opposite of what he actually feels or believes.

Because Jonas has been indoctrinated since he was a child that lying is wrong, he grows up to be someone who believes that honesty is an absolute value. But when he gets permission to lie, he feels confused, maybe even scared or guilty. To hide the inner conflict, he tries to act as if it's okay and accepts his new role calmly. Reaction formation occurs when someone is unable to face an inner urge or desire that conflicts with the values he holds, then he shows the opposite behavior. In this case, Jonas may actually be uncomfortable, but he hides that discomfort by silently accepting the new role and rules.

This reaction formation is important because it shows that Jonas is starting to experience deeper mental pressure. He has to pretend to accept the situation when in fact he may feel conflicted. This shows that in a society full of rules like the one in *The Giver*, children are trained to show something that sometimes does not match

what they feel. In that way, reaction formation becomes Jonas' way of surviving and he manipulates his own emotions to look like an obedient child, when in fact he is struggling with something he feels is wrong.

6. Defense Mechanism: Suppression

The researcher found this data as one example of a form of suppression defense mechanism experienced by Jonas. Suppression is a self-defense mechanism in which a person consciously chooses to suppress or ignore uncomfortable thoughts and feelings so that they do not disturb him. In this section, Jonas receives a series of new rules as a Receiver, including a prohibition on telling his training, not being allowed to share dreams, and being allowed to lie. These rules require Jonas to suppress his desire to share and any emotions or thoughts that arise during the training. This shows that Jonas consciously tries to suppress things that could disturb his peace or the stability of the community. The quote of the findings and analysis data are explained as follows.

Chapter 9 (p. 70)

Quote:

"From this moment you are exempted from rules governing rudeness. You may ask any question of any citizen and you will receive answers. Do not discuss your training with any other member of the community. You are prohibited from dream-telling. Except for illness or injury unrelated to training, do not apply for any medication. You may not apply for release. You may lie."

In this section, Jonas begins to accept new rules after being chosen as the Receiver of Memory. One of the sentences that really surprised him was the statement that from then on, he was allowed to lie. In addition, he was also prohibited from telling anyone about his training and was not allowed to do routines such as telling dreams. This change in rules was not only confusing but also forced Jonas to hide his feelings and thoughts. In this situation, the self-defense mechanism

that emerged was suppression, which is a person's conscious effort to hold back or suppress certain thoughts or emotions so that they do not surface.

Unlike repression which occurs unconsciously, suppression is done with full awareness. Jonas knows that there are feelings of confusion, fear, and maybe even disagreement with the rules, but he chooses not to talk about it and keeps it all to himself. He tries to look calm and follow all orders, even though in his heart he may feel uncomfortable. This shows that Jonas consciously holds back his thoughts from coming out, because he knows that questioning the rules or showing his feelings will only make him more depressed in his rigid social system.

Jonas' behavior illustrates how someone can use suppression to survive in a situation that doesn't allow for emotional expression or confusion. In his community, everyone must obey, and there is no room for questions or doubts. Jonas, who is still very young, must learn to keep important things to himself. This becomes a form of self-defense so that he can function amidst great pressure and responsibility, even though his inner self is struggling with things he doesn't fully understand.

7. Defense Mechanism: Displacement

The researcher found this data as one example of a form of displacement defense mechanism experienced by Jonas. Displacement is a self-defense mechanism in which a person moves negative emotions or feelings from their original source to another object or situation that feels safer or more acceptable. In this section, Jonas feels pain that comes from the memories he received—physical pain from broken bones and emotional pain from loss and loneliness. He does not

direct these emotions at the source of the memory directly, but he feels them personally as if they are part of himself. This shows that Jonas is moving the emotional burden to his body and mind as a form of release. The quote from the findings and analysis are explained as follows..

Chapter 11 (p. 84)

Quote:

"He lay on the bed, aching. The pain was throbbing. And he thought of the pain he had felt in the memory—the pain of a broken leg. He remembered that, and the other, more complex pain: the feeling of loss and loneliness."

In this excerpt, Jonas is in intense pain after receiving a memory from the Giver. He lies in bed with a throbbing pain in his body. But interestingly, it is not only the physical pain that he feels, but also a deeper pain of loss and loneliness that arises from the memory. At this time, Jonas does not immediately express his sadness or frustration to others. Instead, he transfers all his emotional feelings to the physical sensations he experiences. This is an example of a defense mechanism displacement, where someone diverts emotions from their original source to an object or something else that is more easily accepted.

Indirectly, Jonas uses physical pain as a way to release or replace the loss that he cannot express directly. He cannot get angry, cry, or complain to anyone about the loneliness and emptiness he experiences from the memory, because no one will understand, and he is not even allowed to talk about his training. So, psychologically, the heavy emotional feeling is shifted and felt as pain in his body. This is a common form of displacement, because the body becomes a "container" for repressed emotions.

This displacement shows that Jonas is not yet able or ready to face the loss and loneliness directly. Instead of processing his emotions openly, he channels the inner

pressure into more easily recognizable physical pain. This reflects Jonas' inner struggle in accepting an emotional memory, but he must bear it alone. In a society that does not provide space for feeling sadness or talking about personal feelings, Jonas unconsciously chooses displacement as a way to survive the trauma and emotional pressure from the memory he received.

8. Defense Mechanism: Regression

The researcher found this data as one example of a form of defense mechanism type regression experienced by Jonas. Regression is a self-defense mechanism in which a person returns to a more childish way of thinking or behaving in response to a situation that causes stress or confusion. In this section, Jonas is confused about what he feels and is unable to explain his feelings clearly. He uses simple and non-specific phrases such as “funny strange,” which indicates that he is regressing to a more innocent and childish way of thinking to avoid emotional distress. The data quote findings and analysis are explained as follows.

Chapter 12 (p. 90)

Quote:

“I think it’s true, but it doesn’t make sense to me. It’s like—it just seemed funny. I mean, funny strange.”

In this quote, Jonas is trying to explain his feelings about something he just experienced, but he himself is confused and cannot fully understand it. He says, “I think it’s true, but it doesn’t make sense to me,” and then mentions that it feels “funny strange.” Here, it is clear that Jonas is experiencing confusion and mental stress, and in dealing with it, he shows signs of regression from a self-defense mechanism where someone returns to a more childish way of thinking or behaving to deal with a difficult or confusing situation. The words Jonas uses sound like a child who is trying to understand something, but does not have the right words.

Regression occurs because Jonas is not ready to face the new experience in an adult way. When he receives a memory that is difficult to understand or too emotionally complex, he seems to “regress” to a more innocent way of thinking. Rather than dealing with the confused feelings maturely, he expresses them with unclear and somewhat childish sentences. This often happens in psychology, especially when someone is under stress or anxiety, then they unconsciously return to the old ways that once made them feel safe.

Jonas' behavior shows that he is not yet emotionally stable in accepting all the changes and burdens that come with his new role as the Receiver of Memory. Regression is his way of avoiding the pressure and confusion, even if only for a moment. By talking like a child and not trying to understand it too deeply, he feels a little calmer. This is a form of protection from the reality that is too heavy for his mind to process at that time.

9. Defense Mechanism: Projection

The researcher found this data as one example of a form of defense mechanism type projection experienced by Jonas. Projection is a self-defense mechanism in which a person unconsciously transfers unacceptable feelings or urges within themselves to other people or things outside themselves. In this section, Jonas rejects everything related to his role as Receiver, including memory, honor, wisdom, and pain. He actually wants to return to a simple childhood free from responsibility. This shows that Jonas projects his frustration and inability to face reality into a desire to escape into the past, as if the burden he feels does not come from himself. The quote of the findings and analysis data is explained as follows.

Chapter 14 (p. 109)

Quote:

"He didn't want to go back. He didn't want the memories, didn't want the honor, didn't want the wisdom, didn't want the pain. He wanted his childhood again, his scraped knees and ball games."

In this quote, Jonas is at a point where he feels exhausted and overwhelmed by all the burdens that come from his new role as the Receiver of Memory. He rejects everything at that time such as memory, honor, wisdom, even the pain that comes with it. He begins to express his desire to go back to being a child again, playing and falling like before. This is where the defense mechanism of projection is seen, which is when someone moves or throws feelings that are difficult for him to admit to something else outside of himself. In this case, Jonas projects his rejection of the current situation by blaming the changes and memories as the cause of his unhappiness, when in fact the feelings come from within himself.

Projection occurs when someone cannot accept that he is feeling depressed or inadequate, so he blames things outside of himself as an outlet. Jonas said he didn't want honor and wisdom, but in reality, those are not things that can be rejected so easily because they are part of who he is now. But because it was too heavy, he seemed to shift his emotional burden to the role or responsibility he was carrying out. He blamed the memories and tasks he received, not because they were wrong, but because he was not ready to face the feelings that arose from within himself.

Jonas's desire to return to childhood also shows that he is avoiding the adult reality that requires him to think and feel more complexly. By projecting his frustration and inner exhaustion onto his new role, Jonas tries to reject the emotions that actually come from within. This is a form of self-protection so as not to have

to face such a painful reality directly. Projection here is not only about blaming, but also about trying not to feel guilty for the weaknesses he begins to feel in himself.

10. Defense Mechanism: Sublimation

The researcher found this data as one example of a form of sublimation defense mechanism shown by Jonas. Sublimation is a self-defense mechanism in which emotional urges or instincts that cannot be directly fulfilled are diverted into a more positive and socially acceptable form. In this section, Jonas feels deep love for Asher and his parents, but he realizes that they cannot feel the same way because they do not have memories like him. The feelings of frustration and disappointment that he could not express directly were transformed into sincere affection and a desire to protect them. This shows that Jonas channels his feelings into a more noble emotional form. The quote of the findings and analysis data are explained as follows.

Chapter 16 (p. 122)

Quote:

"He felt such love for Asher and for his parents. But they could not feel it back, without the memories. And he could not give them those."

In this quote, Jonas feels a very deep feeling of love for Asher and his parents. However, he also realizes that they cannot feel the same way, because they do not have memories like he does. This is where Jonas' inner conflict arises and he has a very strong emotional drive, but cannot channel it directly. This situation shows a self-defense mechanism called sublimation, which is when someone changes an urge or emotion that cannot be channeled directly into a more acceptable form, even into something meaningful or positive.

Jonas knows that he cannot force the people around him to understand or reciprocate his love, because they do not have the same emotional capacity. But

rather than harboring disappointment or getting angry, Jonas diverts those feelings into a deeper and calmer form of affection. He does not show anger or frustration towards Asher or his parents, but instead continues to love them in a more mature way. Sublimation in this case helps Jonas maintain his emotional stability, by making love and pain a strength, not a weakness.

This shows that even though Jonas experienced inner suffering, he did not let it turn into something destructive. He did not express his rejected love by getting angry or blaming others. Instead, he accepted the fact that they could not feel it, then transformed his disappointment into a more universal and sincere form of love. This sublimation is a sign that Jonas has begun to understand how to deal with deep emotions, and learn to transform pain into something more meaningful.

11. Defense Mechanism: Repression

The researcher found this data as one example of a form of defense mechanism type repression experienced by Jonas. Repression is a self-defense mechanism in which a person unconsciously suppresses painful thoughts, memories, or feelings so that they do not emerge into consciousness. In this section, Jonas experiences a great emotional shock when he realizes that his father actually committed an act that is very contrary to his beliefs, namely killing a baby. This extraordinary horror shows that Jonas had previously suppressed the bad possibilities about his father and about the system in his community. When the truth emerged, the emotions that had been suppressed finally exploded. The quote data findings and analysis are explained as follows.

Chapter 19 (p. 150)

Quote:

"He killed it! My father killed it!" Jonas said to himself, stunned at what he was realizing. And shocked at himself, too, at the over-whelming horror that he felt."

In this quote, Jonas has just realized the horrific reality that his father has killed a baby in a process that has been called “release.” His reaction is very shocking and emotional. He says to himself in great shock, “He killed it! My father killed it!” The horror and shock that arose at that time were so great that Jonas himself was shocked by the feelings that arose from within himself. This is where we can see the existence of a self-defense mechanism called repression, which is the unconscious suppression of feelings or memories that are too painful or disturbing.

So far, Jonas has lived in a system that has made him unaware of the truth of the word “release.” He was raised in an environment that suppressed emotions, and during that time, his mind refused to touch the possibility that someone like his father could do such a cruel act. But once memory and knowledge reveal the true reality, a very great sense of trauma arises. Jonas' strong reaction shows that all this time his mind may have tried to suppress the potential for that understanding, and repression occurs as a way for him not to have to face the horrific reality that does not match the values he believes about his family.

After the truth came to the surface, Jonas not only felt angry, but also surprised at himself for being able to feel such strong feelings. This indicates that all this time there was an emotional urge that was suppressed in the subconscious and finally exploded when he could no longer deny the fact. Repression was a mechanism that Jonas had previously used to survive the reality of the system that he was not ready to face. But once the suppression could no longer be maintained, he had to face a huge emotional shock.

12. Defense Mechanism: Undoing

The researcher found this data as one example of the form of defense mechanism type undoing carried out by Jonas. Undoing is a self-defense mechanism in which a person tries to "cancel" unwanted thoughts, feelings, or actions by performing symbolic actions that contradict them, usually in the form of an apology or a kind gesture. In this section, Jonas apologizes formally to his community for making them wait. This apology shows that Jonas is trying to neutralize the guilt or social awkwardness he feels through socially acceptable actions. This reflects an attempt to erase the effects of a minor mistake or violation that he is aware of. The data quote findings and analysis are explained as follows.

Chapter 5 (p. 39)

Quote: "I apologize for making you wait. I apologize for inconveniencing my learning community."

Jonas apologizes automatically after being late, and he seems very used to such words. His apology does not come from a deep sense of guilt, but rather from a social obligation that is deeply embedded in his society. In this case, the undoing defense mechanism is seen, namely a person's attempt to "erase" an action that is considered wrong by doing the opposite or symbolic action as a form of redemption.

The society in *The Giver* is formed so that every citizen feels they must maintain extreme order, even in small things like being late. Jonas' apology does not come from personal reflection, but as part of a routine that has been taught since childhood. This shows how the control of the community is so great that individuals like Jonas need to "erase" minor mistakes with a habitual apology.

In Freud's theory, undoing is used to relieve anxiety over feelings of guilt or unconscious intentions. Although Jonas does not fully feel the guilt emotionally, he

symbolically "erases" the mistake with a formal statement. This action is like creating a psychological balance formed by social rules.

So, Jonas' undoing mechanism is a form of compliance with the system, but it also shows that he has not been able to fully process the mistake emotionally. He still relies on symbolic actions as a way to survive and be accepted in a rigid and controlled society.

13. Defense Mechanism: Suppression

The researcher found this data as an example of a form of suppression defense mechanism experienced by Jonas. Suppression is a self-defense mechanism in which a person consciously holds back or delays disturbing thoughts and feelings in order to stay focused on a particular action or goal. In this section, Jonas decided to hide during the day and travel at night to escape from the community. Although he was likely feeling afraid, anxious, and stressed, Jonas chose to suppress these emotions in order to remain calm and alert during the escape. This shows that he consciously controlled feelings that had the potential to weaken his determination. The quote of the findings and analysis data are explained as follows.

Chapter 20 (p. 155)

Quote:

"He would need to stay hidden during the day, and he would travel at night, carefully, watching the road ahead and the sky for search planes."

In this quote, Jonas is planning his escape from the community with Gabe. He knows that in order to succeed, he must hide during the day and only walk at night while being alert for search engines. This sentence shows that Jonas is under a lot of stress and fear. However, he chooses not to panic or give in to his fear. Instead,

he focuses on the strategy and plan that must be carried out. This is a form of defense mechanism: suppression, which is a conscious effort to hold back or get rid of thoughts and feelings that could interfere with his focus at that time.

Jonas clearly has many emotions inside him including worry, fear, anxiety, maybe even anger or sadness for leaving everything he knows. But he doesn't let all of that take over his mind. He chooses to put those feelings aside so he can think clearly. In psychology, suppression is a defense mechanism that occurs consciously, unlike repression which occurs unconsciously. Jonas knows that if he thinks too much about his fears or guilt, his escape could fail. So, he suppresses all of that for a while for the greater good.

Jonas's actions show the emotional maturity that is developing in him. He is starting to be able to organize his thoughts, delay emotional reactions, and direct his focus on more important things, namely the safety of himself and Gabe. The suppression he does not mean that he does not feel anything, but rather how he chooses not to drown in feelings at that time. This is a form of self-defense that helps him survive mentally in dangerous and uncertain situations.

14. Defense Mechanism: Isolation of Affect

The researcher found this data as one example of a form of defense mechanism, the isolation of affect type, shown by Jonas. Isolation of affect is a self-defense mechanism in which a person separates emotions from certain experiences or memories, so that he can talk about or deal with them without showing an emotional reaction. In this section, Jonas unconsciously transfers the memory to the

baby he is carrying without feeling strong emotions about the process. He realizes the memory is fading, but shows no emotional reaction to the loss or influence of the memory. This shows that Jonas is separating feelings from the actions he takes, as a way to stay calm in difficult situations. The data quote findings and analysis are explained as follows.

Chapter 21 (p. 161)

Quote:

"He was not aware of giving the memory; but suddenly he realized that it was becoming dimmer, that it was sliding through his hand into the being of the newchild."

In this section, Jonas is in an emotional state that should be very touching. He unknowingly gives a memory to Gabe, the baby he took with him on the run. But strangely, Jonas does not show any emotional reaction when the memory is transferred from him to the baby. He only realizes that the memory "became blurry" and "slipped from his hands." This is an example of a mechanism of defense: isolation of affect, where someone separates feelings from an experience that is actually very emotional so as not to feel too burdened or shocked.

Jonas does not cry, does not feel sad, and does not show any feelings that usually arise when losing something important like a memory. In Freud's theory, isolation of affect is a way for someone to protect themselves by separating emotions from a painful or confusing situation. Even though Jonas knows the memory is gone from him, he does not express the emotional impact of the loss. This can be seen as a form of psychological defense, because if he really felt his emotions at that time, he could have been weak or distracted in his mission to save Gabe.

By isolating feelings from the event, Jonas can stay focused on carrying out his plan without being carried away by emotions. This indicates that Jonas is increasingly using complex coping mechanisms as the situation he faces becomes more severe. This affective isolation may look like calmness, but it is actually a form of deliberate suppression of feelings so as not to interfere with the actions being carried out. So, even though he looks calm on the outside, Jonas is actually holding back big feelings so as not to collapse mentally.

15. Defense Mechanism: Introjection

The researcher found this data as one example of the form of introjection defense mechanism experienced by Jonas. Introjection is a self-defense mechanism in which a person unconsciously internalizes the values, attitudes, or rules of other people or the environment as part of themselves, usually to gain a sense of security or acceptance. In this section, Jonas feels awkward and does not know what to say to the Giver, because since childhood he has been formed to always obey and adjust to the applicable rules. This awkward feeling shows that Jonas has internalized the values of his community deeply, even when the situation changes. The quote of the data findings and its analysis are explained as follows.

Chapter 10 (p. 77)

Quote: "He felt awkward. He did not know what to say to the Giver. He had been trained since early childhood to conform."

In this excerpt, Jonas is in the room with The Giver for the first time. He feels awkward and confused because he doesn't know how to behave. This awkwardness is not only because of the new situation, but also because throughout his life, Jonas has been trained to always follow the norms instilled by his society. This shows the existence of an introjection defense mechanism, which is when someone takes

values or rules from outside (usually authority) and makes them part of themselves without question.

Jonas doesn't know what to say because he is too used to being silent and obedient. He was never taught to think or respond independently, but rather accepts the values from outside as a whole. This illustrates that he has internalized the values of the community without realizing it, namely values that emphasize obedience and the elimination of personal expression.

Introjection in this context functions to make individuals feel safe and "normal" in their social structure. Jonas feels the need to be careful and correct, not because he personally chooses to be so, but because the values of the community are already integrated into his mind. This is a form of defense against the anxiety that arises when faced with a situation that he has never experienced before.

However, as the training process with The Giver progresses, Jonas slowly begins to question these values. This quote marks the beginning of a major shift in him, from introjection to critical thinking. He begins to realize that not everything he was taught is true, and that sometimes, one must learn to sort out values, rather than just accept them.

Thus, introjection becomes the starting point for Jonas' psychological development. This mechanism helps him adapt from a young age, but it also becomes a barrier to becoming a whole individual. It is only after he begins to recognize these values as something that can be questioned that Jonas truly begins to grow as a conscious person.

16. Defense Mechanism: Altruistic Surrender

The researcher found this data as one example of the form of an altruistic surrender defense mechanism experienced by Jonas. Altruistic surrender is a self-defense mechanism in which a person shifts focus from himself to others, by giving up his personal interests for the welfare of others. In this section, Jonas cries because he is afraid of not being able to save Gabriel, and he no longer cares about himself. This shows that Jonas channels his anxiety and despair into a form of full sacrifice for others, namely baby Gabriel, as a way of dealing with the helplessness he feels. The quote of the findings and analysis data are explained as follows.

Chapter 22 (p. 171)

Quote:

"He wept because he was afraid now that he could not save Gabriel. He no longer cared about himself."

In this quote, Jonas cries because he is afraid that he will not be able to save Gabriel. He no longer thinks about himself, but only cares about the safety of the baby he is carrying. This is an emotional moment that shows Jonas's great sacrifice. The form of self-defense mechanism that appears here is altruistic surrender, which is when someone puts aside their own needs or desires and completely surrenders themselves for the good of others. Jonas no longer focuses on the pain or hardship he experiences himself, but only on one goal: to save Gabe.

Jonas experiences a lot of suffering during his escape such as hunger, exhaustion, and constant fear. But what he cries is not himself, but the worry that he cannot protect Gabriel. This indicates that Jonas has placed goals outside of himself as more important than himself. In psychoanalytic theory, altruistic surrender often occurs when individuals feel unable to deal with emotional pressures that concern them, then shift their focus to others, as a way to still feel in

control and meaningful. In this case, Jonas maintains his mental health by replacing despair over his own fate with full concern for Gabe.

Jonas's attitude is not only a heroic act, but also a form of self-protection. By focusing fully on Gabriel, Jonas can keep moving and surviving, even though he is physically and emotionally very weak. Altruistic surrender makes him feel that his struggle is still meaningful, even though he may not survive. This shows that Jonas uses a coping mechanism not only to protect others, but also to keep his own hopes from collapsing in the midst of very difficult circumstances.

17. Defense Mechanism: Transcendence (Spiritual Sublimation)

The researcher found this data as one example of a form of defense mechanism of the transcendence or spiritual sublimation type experienced by Jonas. Transcendence is a higher form of defense mechanism, where someone diverts suffering or inner conflict into a spiritual experience or greater meaning. In this section, in the midst of extreme pain and fatigue, Jonas hears music and singing which are symbols of hope, comfort, and inner peace. This experience shows that Jonas achieved a higher and spiritually meaningful form of emotional release, as an escape from the physical and psychological suffering he experienced. The quote of the findings and analysis data are explained as follows.

Chapter 23 (p. 180)

Quote:

"For the first time, he heard something that he knew to be music. He heard people singing."

At the very end of *The Giver*, Jonas is in a very weak physical and emotional state. He has experienced long suffering, extreme fatigue, and uncertainty about his future with Gabe. But in such a condition, he suddenly hears a very different sound

from before, namely music and also people singing. This sentence shows that Jonas may no longer only use the usual defense mechanisms, but is starting to enter a higher form of mental protection, namely transcendence or can also be called spiritual sublimation. This is when someone goes through physical and emotional suffering by touching a spiritual experience or deeper meaning.

Transcendence occurs when someone no longer relies on defenses such as denial, repression, or rationalization, but instead fully accepts reality and turns the suffering into something spiritually meaningful. In this context, the sound of music that Jonas hears may not be entirely physical, but rather a symbol of hope, peace, or even a better life after suffering. This moment shows that Jonas has passed the highest point of pain, and finally found inner peace, even though the situation is still very uncertain.

Jonas' feelings here are no longer about fear or tiredness, but about experiencing something greater than himself. By listening to music, he seems to get comfort from something that cannot be explained by logic. In psychology, this condition is called spiritual sublimation, which is the process of diverting the pressure or suffering of life into something greater, such as faith, hope, or a high sense of togetherness. This is the highest form of defense mechanism because it no longer rejects or suppresses reality, but accepts and transcends it.

The music in this quote can also be understood as a symbol that Jonas is finally "free" inwardly. He is no longer just a child who runs away, but becomes someone who mentally and spiritually manages to get out of the system of oppression. He finds new meaning in his struggle, and even when his body almost

gives up, his soul feels light. Transcendence makes his suffering a path to new awareness, not just an escape.

So, in the end, this moment shows the peak of Jonas' psychological development. From a child who used to live in a system that suppressed emotions, he changed into an individual who not only felt emotions completely, but was also able to turn suffering into meaning. Transcendence in Jonas illustrates that self-preservation does not always mean rejecting pain, but sometimes going through it to find true hope and humanity.

CHAPTER V

Conclusion and Suggestion

A. Conclusion

After analyzing the novel, *The Giver* by Lois Lowry using Sigmund Freud's defense mechanism theory, the researcher can conclude that the main character, Jonas, shows various types of self-defense mechanisms in dealing with psychological pressures that arise due to the situation in his society. The society where Jonas lives suppresses emotions, memories, and individual freedom, so Jonas must unconsciously form psychological responses to survive. In the analysis that has been conducted, it was found that Jonas experiences several types of defense mechanisms such as denial, rationalization, repression, suppression, projection, displacement, regression, sublimation, reaction formation, introjection, undoing, dissociation, isolation of affect, altruistic surrender, and transcendence. These mechanisms appear in certain quotes that show how Jonas responds to difficult situations, both emotionally and cognitively. The use of these mechanisms helps Jonas to deal with inner conflict, trauma, and pressure from the restrictive social system.

The results of this study show that defense mechanisms not only function as psychological protection tools, but also become an important part of the character development of the character. Through this mechanism, Jonas develops from an obedient and uncritical individual into someone who is aware and brave enough to make his own decisions. Thus, the defense mechanisms used by Jonas can be seen

as part of his maturation process and also a form of resistance to an oppressive system.

B. Suggestion

The researcher realizes that this study still has many limitations. This study only focuses on one main character, Jonas, and only discusses defense mechanisms based on quotes in the novel text. The author suggests that further researchers expand the object of analysis, for example by analyzing other characters such as *The Giver*, or looking at the collective dynamics of its society in more depth.

In addition, the use of other psychological theories such as trauma theory, ego development, or the concept of the unconscious can also be considered further. Because *The Giver* is a novel rich in symbols, philosophical values, and social criticism, it would be very interesting if analyzed using an interdisciplinary approach, for example a combination of psychoanalysis and sociology or ethics.

Finally, the researcher hopes that this study can contribute to literary studies, especially in terms of understanding how fictional characters deal with emotional stress through complex psychological responses, and can be a reference for other students who want to study literary works from a psychological perspective.

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