

**ANXIETY AND DEFENSE MECHANISM OF BETHANY HAMILTON IN  
PURSUING HER DREAM AS PORTRAYED IN *SOUL SURFER* MOVIE**

**A GRADUATING PAPER**

Submitted in Partial Fulfillment of the Requirements for Gaining  
the Bachelor Degree in English Literature



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**2014**

## A FINAL PROJECT STATEMENT

I certify that this graduating paper is definitely my own work. I am completely responsible for the content of this graduating paper. Other writers opinions or findings included in this graduating paper are quoted or cited in accordance with ethical standards.

Yogyakarta, 24 January 2014

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Saya menyatakan bahwa skripsi tersebut sudah dapat diajukan pada sidang Munaqasyah untuk memenuhi sebagian syarat memperoleh gelar Sarjana Sastra Inggris.

Atas perhatian yang diberikan, saya ucapkan terimakasih.

*Wassalamualaikum wr. wb.*

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Yogyakarta, 24 January 2014

Wahyu Ismoyo

**MOTTO**

**YOU CAN HAVE IT ALL  
JUST NOT ALL  
AT ONCE**

**DEDICATION**

**THIS GRADUATING PAPER IS DEDICATED TO:**

**MY BELOVED FATHER AND MOTHER**

**MY BELOVED BROTHERS**

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# ANXIETY AND DEFENSE MECHANISM OF BETHANY HAMILTON IN PURSUING HER DREAM AS PORTRAYED IN *SOUL SURFER* MOVIE

Wahyu Ismoyo

## ABSTRACT

*Soul Surfer* is an inspiring true story movie that tells about a young girl, her name is Bethany Hamilton who can be a professional surfer with only one arm. Besides, this movie reflects human's anxiety and combines with good defense mechanism. Bethany's character is related with theory of Sigmund Freud which focuses about the psychoanalysis. Regarding to objective study, this research explain what types of anxiety does Bethany Hamilton undergo in *Soul surfer* movie and what the forms of defense mechanism of Bethany Hamilton in *Soul Surfer* movie. This research is aimed to find out the types of Bethany Hamilton's anxiety in *Soul surfer*, and it will be identified through the causes leading to her anxiety and the form of defense mechanism to cope her anxiety in pursuing her dream. The method of this research is qualitative research. The writer watches *Soul Surfer* movie repeatedly as the main data, and then applies the theory with selected data. The writer concludes two types of anxiety in *Soul Surfer* movie. They are realistic and neurotic anxiety. Realistic anxiety is caused by losing her left arm and rivalled by Malina in the Surfing competition. While Neurotic anxiety is caused by cancelled to join the Rip Curl photo shoot and unable to win in the first competition. Therefore, Bethany reduces her anxiety by good defense mechanism with reaction formation and displacement to the objects. Reaction formation consists of three forms, they are that Bethany suggests Alana to join the photo shoot, Bethany accompanies Alana to join the photo shoot, and Bethany disguises her anxiety toward Malina as her father. While displacements also consists of three forms, they are that Bethany expresses her anxiety toward Sarah and her father, Bethany gives her surfboards to children and Bethany helps tsunami victims in Phuket, Thailand.

**Keywords:** *anxiety, defense mechanism, psychoanalysis*

# **KECEMASAN DAN MEKANISME PERTAHANAN BETHANY HAMILTON DIDALAM MENGGAPAI MIMPINYA SEPERTI YANG DIGAMBARAKAN DIDALAM FILM *SOUL SURFER***

**Wahyu Ismoyo**

## **INTISARI**

Film *Soul Surfer* ini adalah sebuah film inspiratif yang menceritakan kejadian nyata perempuan muda yang bernama Bethany Hamilton, dia bisa menjadi peselancar profesional hanya dengan satu tangan. Selain itu, film ini juga mencerminkan kecemasan manusia yang dikombinasikan dengan mekanisme pertahanan yang bagus. Karakter Bethany ini berhubungan dengan teorinya Sigmund Freud yang fokus membahas psikoanalisis. Terkait dengan objektif studi, penelitian ini menjelaskan tentang tipe kecemasan karakter Bethany dan apa bentuk mekanisme pertahanannya Bethany didalam film *Soul Surfer*. Penelitian ini bertujuan untuk menemukan tipe kecemasan Bethany yang diteliti melalui faktor penyebab dan mekanisme pertahanannya untuk mengatasi kecemasannya didalam menggapai mimpinya. Penelitian ini menggunakan metode kualitatif. Penulis menonton film *Soul Surfer* berulang kali, kemudian mengaplikasikan teori dengan data yang sudah dipilih sesuai dengan topik. Penulis menyimpulkan dua tipe kecemasan didalam film *Soul Surfer* yaitu kecemasan realistik dan neurotik. Kecemasan realistik disebabkan oleh tangan kirinya yang hilang dan tersaingi Malina di setiap kompetisi. Sedangkan kecemasan neurotik disebabkan oleh batalnya mengikuti pengambilan gambar untuk sponsor Rip Curl dan tidak bisa juara di kompetisi pertamanya. Oleh karena itu, Bethany mengurangi kecemasannya dengan mekanisme pertahanan yang bagus dengan pembentukan reaksi dan pengalihan terhadap beberapa objek. Pembentukan reaksi meliputi tiga bentuk, yaitu Bethany menyarankan Alana untuk mengikuti pengambilan gambar, menemani Alana untuk pengambilan gambar, dan menyembunyikan perasaan cemasnya terhadap Malina. Sedangkan pengalihan juga meliputi tiga bentuk yaitu Bethany mengungkapkan kecemasannya terhadap Sarah dan ayahnya, memberikan papan selancarnya ke anak-anak, dan membantu korban tsunami di Phuket, Thailand.

**Kata kunci:** *kecemasan, mekanisme pertahanan, psikoanalisis*

# CHAPTER I

## INTRODUCTION

### 1.1 Background of Study

Characters are the life of literature: they are the objects of our curiosity and fascination, affection and dislike, admiration and condemnation (Bennet, 2004: 60). A character is reflection of human in which he/she will be admitted as good or bad character. In addition, “Characters are the persons represented in a dramatic or narrative work who are interpreted by the reader as possessing particular moral, intellectual, and emotional qualities...” (Abrams, 2009: 42). The character’s characterization is reflected on how he/she is saying and doing things. And the main character is considered as an important figure at the center of the story’s action or theme, they take the most important role in as story to deliver the theme or message of the story (DiYanni, 2004: 54).

A character can be described from the outside but from the inside through character’s inner thoughts and feelings, conscious or unconscious (Bannet, 2004: 78). Both ways of describing of the character include the reflection of how he/she copes any feelings such as sad, depressed, anxiety etc. Good character can stimulate good inspiration; especially in the movie which has great impact to the people. For example, a character whose personality is strong and thus able to solve every conflict that he/she faces well and wisely although at time he/she feels anxious.

Indeed, human sometimes feels anxious in the daily life. They feel anxious when something unclear is happening or something threatening would happen in the future. If anyone who feels anxious cannot cope it, he/she will not feel comfortable. It occurs because their anxiety always threatens them. In *Primer of Freudian Psychology*, it is said that,

Anxiety is a painful emotional experience which is produced by excitations in the internal organs of the body. These excitations result from internal or external stimulation and are governed by autonomic nervous system (as cited in Hall, 1954: 60).

Another definition about anxiety is mentioned by Emanuel, “anxiety can be the main motivation that promotes development, although excessive anxiety can have the opposite as well” (2000: 22). As defined above, anxiety can be a motivation to survive from the problem because the anxiety will be a problem in communicating to the society if a person cannot overcome the anxiety. Therefore, defense mechanism is a way to cope the anxiety. Based on Freud, “anxiety relates to defense mechanism because the ego deals with the demand of reality, the id, and the superego as best as it can. Yet the ego must defend itself when the anxiety becomes overwhelming. It does so by unconsciously blocking the impulses or distorting them into a more acceptable, less threatening form. This technique is called the ego defense mechanism” (as cited in Boeree, 2006: 7). Therefore, the ego can deal with the reality and society driven by superego and unconscious mind to defense positively.



*Soul Surfer*, a Hollywood movie released in 2011, is one the recent movies that reflect human's anxiety but combined with good defense mechanism. This movie was directed by Sean McNamara and the cast includes Academy Award Winner Helen Hunt, Dennis Quaid, AnnaSophia Robb and Carrie Underwood. It shines in the inspirational tale of pro-surfer Bethany Hamilton who tragically lost her arm after a shark attack (IMDbPro. *Sean McNamara*).

*Soul Surfer* is an inspiring movie to be analysed because the movie tells about Bethany Hamilton who loses her left arm, but she can survive to gain her dream as professional surfer. It is based on true story of teen surfer Bethany Hamilton. In addition, this movie is also nominated as the "Most Inspiring Movie in movie guard awards 2011" (IMDb.Pro. *Soul Surfer Awards*). The writer chooses this movie because the character of Bethany that can inspire all its audience for her courage, bravery, faith, and persistence. She can survive to be a professional surfer with only one arm. She can overcome any fears that threat her after she lost her left arm.

Moreover, Bethany's anxiety as the reflection of defense mechanism of human is interesting to be analyzed using psychoanalysis theory by Sigmund Freud. It is focused on the main character, Bethany Hamilton. It attempts to explore how she can turn her anxiety into a motivation to reach her dream by doing good defense mechanism.

## 1.2 Problem Statements

The researcher formulates the research questions as follow:

1. What types of anxiety does Bethany Hamilton undergo in *Soul surfer*?
2. How is Bethany Hamilton's defense mechanism to overcome her anxiety in *Soul surfer*?

## 1.3 Objectives of Study

Based on the problem statements above, here are the main objectives in this research:

1. To find out the types of Bethany Hamilton's anxiety in *Soul surfer*, and it will be identified through the causes leading to her anxiety.
2. To analyse Bethany Hamilton's defense mechanisms to cope with her anxiety in *Soul surfer*.

## 1.4 Significances of Study

This research is divided into two significances, theoretically and practically. First, theoretically, this research can be used to as contribution of literary field, particularly as references in studying about psychoanalysis in the movie. Besides, this research is needed to understand how to cope anxieties with defense mechanism such as Bethany Hamilton's character in *Soul surfer* movie. Second, practically, this research is important for: (1) Student: this research is significant to help them understand about kind of anxieties and defense

mechanism which presents in the movie; (2) Lecturers: this research can be used as reference to give a review how to reduce anxieties by doing defense mechanism; (3) Literary: this research can stimulate them to do more research with psychoanalysis theory especially in *Soul surfer* movie; (4) Non-academic readers: this research hopefully can attract their interest in studying about kind of anxieties and defense mechanism. Besides, the writer hopes that the reader could be more thankful to God with the favors that they have gotten from God after reading this graduating paper. Therefore, whatever the conditions, they can accept it by thankful to God. As it is stated in Q.S Ibrahim, Verse 07:

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ ﴿٧﴾

And (remember) when your Lord proclaimed: “If you give thanks (by accepting Faith and worshipping none but Alloh) I will give you more (of My Blessings); but if you are thankless (i.e. disbelievers), verily My punishment is indeed severe” (Al-Hilali, 2009: 329). This verse implies that every people must thank to Alloh or he/she will be punished by God.

### 1.5 Literature Review

After searching for some previous research which relates to the topic on the internet and local libraries, the writer did not find any researches that study about *Soul Surfer* yet the writer has found some researches who have written the story of Bethany Hamilton as the Professional Surfer. At least, there are two

topics. First is a book entitled *Devotions for the Soul Surfer* by Bethany Hamilton (Thomas Nelson Book: 2011) tells about the faith and believing to God that is told with many experiences of her such as her thought of friend, family, faith and gossip.

Second is a book entitled *Soul Surfer: A True Story of Faith, Family, and Fighting to Get Back on the Board* by Bethany Hamilton (MTV book, 2012) tells about the process how Bethany could back to the water including keeping the faith, being kind of famous etc.

However, the writer has different topics with those researches. They have discussed Bethany Hamilton as the story of herself. Their research deals with the chronological story of Bethany Hamilton to get the professional surfer; whereas the writer analyzes Bethany Hamilton with the anxiety term. It can be seen from the problem statements that the writer focuses on the cause's factors that make Bethany feels anxiety and how she copes her anxieties by doing defense mechanism.

## **1.6 Theoretical Approach**

In analyzing this research, the writer uses psychoanalysis theory by Sigmund Freud. The writer analyzes about the psychoanalysis of Bethany Hamilton as the main character in *Soul surfer* movie especially in the way how she copes her anxieties with the defense mechanism. Regarding to the relation of Bethany Hamilton and the way how she copes her anxieties, it is related with the



mental of life especially in the personality of each person. In the book of *Theories of Personality*, the greatest contribution of Sigmund Freud is his exploration of the unconscious and his insistence that people are motivated primarily by drives of which they have little or no awareness. To Freud, mental life is divided into two levels, the unconscious and the conscious. The unconscious, in turn, has two different levels, the unconscious proper and the preconscious (as cited in Feist, 2008: 23-24). Character is related with the levels of awareness, because they drive the personality of each person. Besides, it also influence to the behaviour of the person. Sigmund Freud proposed that people have three levels of awareness: (1) the unconscious which contains all those drives, urges, or instincts, that are beyond our awareness but that nevertheless motivate most our words, feelings, and actions; (2) the preconscious level of the mind which contains all those elements that are not conscious but can become conscious either quite readily or with some difficulty; and (3) the conscious which is a mental element in awareness at any given point in time. The three levels of awareness are related with the character of Bethany Hamilton that makes her become strong girl.

Moreover, Sigmund Freud divides the structure of personality into three parts; id, ego, and superego. These theories help Freud to explain the mental images according to their functions or purposes. The id translates is the organism's needs into motivational forces called instincts or drives. Then, ego is the organism to reality by means of its consciousness, and it searches for objects to satisfy the wishes that id creates to represent the organisms needs. Next, superego. There are two aspects to the superego: One is the conscience, which is an internalization of

punishments and warnings. The other is called the ego ideal. It derives from rewards and positive models presented to the child. The conscience and ego ideal communicate their requirements to the ego with feelings like pride, shame, and guilt. the superego represents society, and society often wants nothing better than to have you never satisfy your needs at all (as cited in Boeree, 2006: 5).

The id, ego, and superego relate with anxiety because every person have an internal conflicts. The internal conflicts between id and superego can make the ego feels anxious. Sigmund Freud elaborates the theory of anxiety. Based on the book of *Primer of Freudian Psychology*, “Anxiety is a painful emotional experience which is produced by excitations in the internal organs of the body. These excitations result from internal or external stimulation and are governed by autonomic nervous system (as cited in Hall, 1954: 60).

In *Theories of Personality*, in defining anxiety, Freud emphasized that it is a felt, affective, unpleasant state accompanied by a physical sensation that warns the person against impending danger. The unpleasantness is often vague and hard to pinpoint, but the anxiety itself is always felt. Only the ego can produce or feel anxiety, but the id, superego, and external world each are involved in one of three kinds of anxiety—neurotic, moral, and realistic (as cited in Feist, 2008: 33). It is like the condition of people in the society, he/she usually feels anxious to something that threat him/herself. Freud mentions three different kinds of anxieties:

The first is *neurotic anxiety* which is defined as apprehension about an unknown danger. The feeling itself exists in the ego, but it originates from id

impulses. People may experience neurotic anxiety in the presence of a teacher, employer, or some other authority figure because they previously experienced unconscious feelings of destruction against one or both parents. During childhood, these feelings of hostility are often accompanied by fear of punishment, and this fear becomes generalized into unconscious neurotic anxiety (as cited in Feist, 2008: 34).

The second is *moral anxiety*, it stems from the conflict between the ego and the superego. After children establish a superego—usually by the age of 5 or 6—they may experience anxiety as an outgrowth of the conflict between realistic needs and the dictates of their superego. Moral anxiety, for example, would result from sexual temptations if a child believes that yielding to the temptation would be morally wrong. It may also result from the failure to behave consistently with what they regard as morally right, for example, failing to care for aging parents (as cited in Feist, 2008: 34).

The last is *realistic anxiety* is closely related to fear. It is defined as an unpleasant, nonspecific feeling involving a possible danger. For example, we may experience realistic anxiety while driving in heavy, fast-moving traffic in an unfamiliar city, a situation fraught with real, objective danger. However, realistic anxiety is different from fear in that it does not involve a specific fearful object. We would experience fear, for example, if our motor vehicle suddenly began sliding out of control on an icy highway (as cited in Feist, 2008: 34). Those are the kinds of anxiety which relates to the ego who feels the danger. In this

research, the writer only finds the realistic anxiety and neurotic anxiety that is felt by Bethany Hamilton.

Besides, “anxiety is also self-regulating because it repression, which in turn reduces the pain of anxiety. If the ego had no recourse to defensive behaviour, the anxiety would become intolerable. Defensive behaviours, therefore, serve a useful function by protecting the ego against the pain of anxiety” (as cited in Feist, 2008: 34). Therefore, defense mechanism is related with anxiety. Every person tries to reduce the anxiety by doing defense mechanism.

There are several kinds of defense mechanism. First, repression. It is the most basic defense mechanism because it is involved in each of the others. Whenever the ego is threatened by undesirable id impulses, it protects itself by repressing those impulses; that is, it forces threatening feelings into the unconscious. In many cases the repression is then perpetuated for a lifetime. Second, reaction formation. It is one of the ways in which repressed impulse become conscious is through adopting a disguise that is directly opposite its original form (as cited in Feist, 2008: 35). Third, displacement. Freud believed that reaction formations are limited to a single object. In displacement, however, people can redirect their unacceptable urges onto a variety of people or objects so that the original impulse is disguised or concealed (as cited in Feist, 2008: 36). Fourth, sublimation. It is the repression of the genital aim of Eros by substituting a cultural or social aim. The sublimated aim is expressed most obviously in creative cultural accomplishments such as art, music, and literature, but more subtly, it is



part of all human relationships and all social pursuits (as cited in Feist, 2008: 38). Fifth, introjection. It is a defense mechanism whereby people incorporate positive qualities of another person into their own ego. They see as valuable and that will permit them to feel better about themselves (as cited in Feist, 2008: 37). Sixth, projection. When an internal impulse provokes too much anxiety, the ego may reduce that anxiety by attributing the unwanted impulse to an external object, usually another person.

## **1.7 Method of Research**

### **1.7.1 Type of Research**

The writer uses qualitative research in completing this research. Qualitative research is one in which the inquirer often makes knowledge claims based primarily on constructivist perspectives (the multiple meanings socially and historically constructed, with an intent developing a theory or pattern) or advocacy/participatory perspectives (political, issue oriented, collaborative, or change oriented) or both (John W. Cresswell, 2003: 18). The writer collects the data from some referential books, website, and other data resources. Besides, the writer does library visit to get more information about the theory and does the movie *Soul Surfer* to be analysed.

### **1.7.2 Data Sources**

There are two data resources: the main data and the secondary data. The main data is data that are collected for the specific research problem at hand while the secondary data is originally data collected for a different purpose and reused for another research question (as cited in Hox, 2005: 593). In this research, the main data is the movie entitled *Soul Surfer* and the secondary data is the script of this movie. In addition, the researcher also uses internet to find out the information of movie, theories about anxiety, the causes of it, and the kinds about the defense mechanism that relates to the movie.

### **1.7.3 Data Collection Technique**

The method of this research is used documentation method. The documentation meant by watching the movie entitled *Soul Surfer* repeatedly. Then finding the main problem in this movie which is related with the social condition and finding the anxieties that happen in the movie. After that the writer uses library visit to read some books which is related with theory of anxiety and web browsing to get more information about the movie and the theory. Besides, the writer takes data from the movie and secondary data that relevance to the topic.

### **1.7.4 Data Analysis Technique**

In analysing the data, the writer uses descriptive method to analyse data. The writer watches the movie repeatedly and deeply. Then the writer makes a list of data, selects the data that deal with the problem from the movie and script and excludes the data that are unnecessary. The writer classifies the data which causes

Bethany feels anxiety and kinds of defense mechanism to cope the anxiety by making outline to make it easier. After collecting and classifying the data, the writer analyse it by applying the theory into the data using the outline. Then, the writer finds the conclusion from the entire analysis.

### **1.8 Paper Organization**

This paper is divided into five chapters. The First chapter describes the general information about the research including background of study, problem statements, objectives of study, significances of study, literature review, theoretical approach, method of research, and paper organization. The second chapter describes about the intrinsic aspect of the movie. The third chapter is the analysis about the factors that causes Bethany Hamilton's anxiety. And the fourth chapter is analysis of defense mechanisms that are used by Bethany Hamilton to cope her anxiety. The fifth chapter is the conclusion of this research.

## CHAPTER V

### CONCLUSION AND SUGGESTION

#### 5.1 Conclusion

As already stated in the previous chapters, *Soul Surfer* is a movie which focuses on the character of Bethany Hamilton. The main character of *Soul Surfer* movie, Bethany Hamilton who feels anxious after the big shark attacks and bites her left arm. She can overcome her problems although it looks impossible. In this analysis, the writer finds the causes of Bethany's anxiety and defense mechanism of Bethany.

In this point, the writer explains about the types of Bethany Hamilton's anxiety in *Soul surfer*, and it will be identified through the causes leading to her anxiety which relates to the first problem statements of this research. The writer has found that she feels realistic anxiety which is caused by the external danger. She feels anxious due to loss her love object, namely, her left arm. This anxiety is a central cause because the left arm is a vital body that influences everything. Then she feels realistic anxiety which is caused by Malina Birch who always threatens her in the competition. Malina always give no chance to Bethany to get the big waves although she surfs with only one arm. Besides, Bethany feels neurotic anxiety in which the id impulse is blocked by some situations. It consists of some anxieties. Bethany fails to join the Rip Curl photo shoot because of her left arm loss. By not following the photo shoot session, it will threat her chance to be a

professional surfer. Then Bethany fails from her first competition since her left arm loss.

In the relation of the problem statements number two, the writer has finds two kinds of defence mechanism that is used by Bethany Hamilton. First, Bethany uses reaction formation to reduce her anxiety. She uses this defense by suggesting Alana to follow the Rip Curl photo shoot. She disguises her disappointed by suggesting Alana to follow The Rip Curl photo shoot. Then Bethany still uses this defense by coming to Alana's photo shoot session. She comes to accompany Alana and stands beside her in order can makes Bethany satisfied with her action. Second, Bethany uses displacement to reduce her anxiety. She reduces her anxiety by telling her anxiety to Sarah and her father to get any motivations from them. The other displacement is she displaces her anxiety by giving all the surf board after she fails from the competition. The surf boards that she gives to the children can make her reduces the anxiety than she has to break the surfboards. The last, she displaces her anxiety by going to Phuket Thailand to help the victims of Tsunami. She displaces her anxiety by going to another country. That defense can make Bethany survive to surf again after coming back from Thailand.

## **5.2 Suggestion**

### **5.2.1 Suggestions for the Future Researcher**

The writer finds there are some topics which is interesting to be analysed. *Soul Surfer* movie tells about the family which have good topics to be analysed in

every actors. In this research, the writer only focuses analyses on the anxiety and defense mechanism of Bethany Hamilton. Besides, the writer does not find some literary review which analyses *Soul Surfer* movie. Therefore, the writer hopes that the future researcher can analyse more of this movie. It can be analysed from psychological approach with the character of Bethany Hamilton, Bethany's father or mother or it can be applied with different theory.

### 5.2.2 Suggestions for the Reader in Islamic View

Bethany Hamilton is the main character in *Soul Surfer* movie. She has a dream to be professional Surfer since she was a child. She feels anxious after the shark bites her left arm which makes her loses left arm. She has to survive with only one arm to do some activities including surfing. She does not give up in reaching her dream although she fails in the competition. She struggles to survive with the supports of the family and the other people until she can reach her dream as professional surfer. It implies that she can survive to reach the dream although she is only one arm.

In Islamic points of view, persons must thanks to Alloh of whatever the favours in order get more blessings. If he/she does not thank to Alloh, Alloh will give punishments. As it stated in Q.S Ibrahim, Verse 07:

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ ﴿٧﴾



And (remember) when your Lord proclaimed: “If you give thanks (by accepting Faith and worshipping none but Alloh) I will give you more (of My Blessings); but if you are thankless (i.e. disbelievers), verily My punishment is indeed severe” (Al-Hilali, 2009: 329).

Besides, a person is not permitted despairing from the mercy of Alloh. As it stated in Q.S. Yusuf, Verse 87:

يَبْنِي أَذْهَبُوا فَتَحَسَّسُوا مِنْ يُوسُفَ وَأَخِيهِ وَلَا تَأْيَسُوا مِنْ رَوْحِ  
 اللَّهِ إِنَّهُ لَا يَأْيَسُ مِنْ رَوْحِ اللَّهِ إِلَّا الْقَوْمُ الْكَافِرُونَ ﴿٨٧﴾

O, my Sons ! Go you and enquire about Yusuf (Joseph) and his brother, and never give up hope of Alloh’s Mercy, Certainly no one despairs from Alloh’s Mercy, except the people who disbelieve (Al-Hilali 2009: 316).

In conclusion, a person who feels anxious must thanks to Alloh, because Alloh will give more blessings. Besides, he/she may not despair from the Alloh’s Mercy but he/she must survive in whatever the conditions.

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## APPENDIXES

### Data Classification

| No | TYPES OF ANXIETY  | CAUSES OF ANXIETY          | SCENE   | EVIDENCE  |
|----|-------------------|----------------------------|---|---|
| 1  | Realistic Anxiety | Bethany loses her left arm | It happens when Bethany, Alana, alana's father and brother goes to Surf in Kauai's north shore. A big shark bites bethany's left arm. | <p>1. (00:41:48--&gt;00:41:50)</p> <p>Bethany: <i>But what scared me most, was that I might not be able to surf again</i></p> <p>2. (00:44:44 --&gt; 00:45:15)</p> <p>Bethany: <i>You know, how you said it's hard to see things clearly sometimes. When you are too close? Well I have been trying to get some perspective. I have been trying. How can this be God's plan for me? I don't understand</i></p> <p>3.(00:55: 53--&gt; 00: 00:56:37)</p> <p>Bethany: <i>Dad was right. I don't need it to surf</i></p> <p>Mom: <i>No, you don't. Would it be better to just say it out loud?</i></p> <p>Bethany: <i>I thought. I thought at least with clothes on, I could have two arms. Thought I could look normal</i></p> <p>Mom: <i>Normal is so</i></p> |

|  |  |   |   |  |
|--|--|---|---|--|
|  |  |   |   | <p><i>overrated.</i></p> <p>Bethany: <i>But people like normal, mom.</i></p> <p>Mom: <i>Who?</i></p> <p>Bethany: <i>Guys do. I mean who will even like me with this?</i></p>   |
|  |  | Rivalled by Malina in the Surfing Competition | It happens when Bethany backs to follow competition | <p>1. (01:00:44--&gt;01:00:46)</p> <p>Malina: <i>So, you are actually going through with this?</i></p> <p>Bethany: <i>Yeah</i></p> <p>2. (01:25:11 --&gt; 01:25:17)</p> <p>Malina: <i>What are you doing here?</i></p> <p>Bethany: <i>I am surfing, same as you</i></p> <p>Malina: <i>Well, I hope you don't need to be rescued again</i></p> <p>3. (01:00:58 --&gt;01:00:05)</p> <p>Referee : <i>Hey Bethany judges have approved giving you 5 minutes head start</i></p> <p>Bethany : <i>I don't want it</i><br/>         (Before she answer the offer from the referee, she looks at malina's face, and her face looks anxious)</p> |

|   |                  |  |  |   |
|---|------------------|--|--|---|
| 2 | Neurotic Anxiety | Cancelled to join the Rip Curl photo shoot | Bethany accompanies Alana to join the photo shoot for sponsor                  | (00:48:55--> 00:49:00)<br><br>Keuki : <i>You should be out there with her, though</i><br><br>Bethany: <i>Yeah I should be with her, but just not there</i>  |
|   |                  | Unable to Win the Competition              | Bethany falls in the water and then open her t-shirt in front of all supporter | (01:05:59--> 01:06:04)<br><br>Dad: <i>Bethany, I know that you got beat up pretty bad out there today, sweetheart. But you can't let it get you down</i><br><br>Bethany: <i>Enough Dad, I can't do this anymore</i> |

| NO | TYPES OF DEFENSE MECHANISM | BETHANY'S DEFENSE MECHANISM                               | SCENE                                | EVIDENCE   |
|----|----------------------------|---|--------------------------------------|--|
| 1  | Reaction Formation         | Bethany Suggests Alana to Follow the Rip Curl Photo Shoot | Alana visits Bethany in the hospital | (00:35:25--> 00:35:41)<br><br>Bethany : <i>So, are you still going to do that Rip Curl photo shoot?</i><br><br>Alana : <i>They wanted me to, but I told them I could not do it without you</i><br><br>Bethany : <i>But that's crazy, you have been nuts for that shoots. You have to do it</i><br><br>Alana : <i>Really?</i><br><br>Bethany: <i>Yeah. Of course. Do it for both of us.</i> |
|    |                            | Bethany Accompanies Alana to Join                         | Bethany comes in the Rip Curl        | (00:48:15---> 00:48:25)<br><br>Alana: <i>You know, you should be</i>   |



|   |              |   |   |  |
|---|--------------|---|---|--|
|   |              | Photo's Shoot   | photo's shoot session to accompany Alana                        | <p><i>doing this with me</i></p> <p>Bethany: <i>No</i></p> <p>Alana: <i>You should</i></p> <p>Bethany: <i>Go on, they're waiting for you. Don't worry about me</i></p>   |
|   |              | Bethany Disguises Her Anxiety toward Malina as Her Rival                | Bethany answers Malina's question before the competition        | <p>1. (01:25:15--&gt;01:25:26)</p> <p>Malina: <i>What are you doing here?</i></p> <p>Bethany: <i>I am surfing, same as you</i></p> <p>Malina: <i>Well, I hope you don't need to be rescued again</i></p> <p>Bethany: <i>Actually, Malina, I wanted to thank you</i></p> <p>Malina: <i>for what?</i></p> <p>Bethany: <i>Just for never taking it easy on me, it means a lot</i></p> <p>2. (01:37:56--&gt;01:38:12)</p> <p>Bethany: <i>Hey, Malina. Great job. You're tough opponent</i></p> <p>Malina: <i>Bethany Hamilton, nobody is as tough as you. Get up here, come on</i></p> |
| 2 | Displacement | Bethany Expresses Her Anxiety to Sarah and Father to Get the Motivation | Bethany comes for telling her anxiety about losing her left arm | <p>1. (00:44:43--&gt;00:45:40)</p> <p>Bethany: <i>You know, how you said it's hard to see things clearly sometimes. When you are too close? Well I have been trying to get some perspective. I have been trying. How can this be God's plan for me? I don't understand.</i></p> <p>Sarah: <i>I don't know. Why terrible things happen to us sometimes. But I have to believe something good is</i></p>   |

|  |  |   |  |
|--|--|---|--|
|  |  |   | <p><i>going come out of this. Okay I don't know what this. I really wish I did</i></p> <p>2. (01:09:14--&gt;01:10:12)<br/> <i>Bethany: Why did this happen? Why I have to lose everything?</i></p> <p><i>Father: You didn't lose everything, Bethany. Not even close. That shark didn't kill you. You're still here. You're still alive. With a family that loves you.</i></p> <p><i>Bethany: What am I supposed to do now?</i><br/> <i>Father: I don't know</i><br/> <i>Bethany: Then how am I supposed to know?</i><br/> <i>Father: When the time is right, you will now. Until then you pray and you listen</i></p> <p><i>Bethany: listen for what?</i><br/> <i>Father: for what comes next</i></p> |
|  |  | Bethany Gives Her Surf Boards to Children         | <p>The Children comes to Bethany to ask the autograph</p> <p>(01:06:13--&gt;01:06:47).<br/> <i>Children: Bethany! Bethany! Bethany! Can I get your autograph?</i><br/> <i>Bethany : I have something better actually. Here</i><br/> <i>Children : cool</i><br/> <i>Bethany's brother: Bethany, what are you doing?</i><br/> <i>Children: oh my God! This is so cool. Awesome, thanks.</i><br/> <i>Bethany: enjoy them</i></p>  |
|  |  | Bethany Helps Tsunami Victims in Phuket, Thailand | <p>Bethany goes to Phuket, Thailand</p> <p>1. Bethany gives foods to the tsunami's victim (01:12:50)<br/> 2. Bethany teaches a child to surf (01:17:25)</p>  |