

**ANXIETY AND DEFENSE MECHANISM ON ALAN TURING
IN *THE IMITATION GAME* MOVIE**

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A FINAL PROJECT STATEMENT

I declare that this thesis is definitely my own work. I am completely responsible for the content of this thesis. Other writer's opinion or findings included in the thesis are quoted or cited in accordance with ethical standards.

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ANXIETY AND DEFENSE MECHANISM ON ALAN TURING IN *THE IMITATION GAME* MOVIE

By M.Miftahul Jannah

ABSTRACT

This research aims at describing anxiety and defense mechanism of Alan Turing. Alan Turing's anxiety and defense mechanism is exceptional for they make him to be creative in solving the problematic situations. Therefore this research's significance is to show the process of Alan Turing's anxiety to be his defense mechanism. This research applies psychoanalysis theory especially theory anxiety and defense mechanism by Sigmund Freud. Besides that, the researcher uses the film theory to make readers more understand. This research explains about the forms, the factors on Alan Turing's anxiety and the kinds of defense mechanisms that Alan undergone in *The Imitation Game* movie. The method of this research is descriptive qualitative by conducting library research. As a result, this movie finds that Alan used some defense mechanism to cope his anxious. Unfortunately he could not keep his sickness anymore because hormonal therapy. Then, he committed to suicide.

Keywords: *Psychoanalysis, Anxiety, Defense Mechanism.*

ANXITAS DAN MEKANISME PERTAHANAN ALAN TURING DIDALAM FILM *THE IMITATION GAME*

Oleh M.Miftahul Jannah

ABSTRAK

Penelitian ini bertujuan untuk menggambarkan anxitas dan mekanisme pertahanan Alan Turing. Anxitas dan mekanisme pertahanan Alan Turing adalah suatu pengecualian karena hal tersebut justru membuatnya lebih kreatif dalam mengatasi kondisi masalahnya. Oleh karena itu, tujuan penelitian ini adalah menunjukkan proses anxitas Alan Turing menjadi mekanisme pertahananya. Penelitian ini menggunakan teori psikoanalisis dari Freud, khususnya anxitas dan mekanisme pertahanan. Disamping itu, peneliti menggunakan teori film untuk membuat pembaca lebih paham. Penelitian ini menjelaskan tentang bentuk, faktor anxitas dan mekanisme pertahanan yang dialami oleh Alan Turing didalam film *The Imitation Game*. Metode penelitian ini adalah deskripsi kualitatif dengan melakukan pengkajian pustaka. Sebagai hasil penelitian ini, Alan Turing menggunakan beberapa mekanisme pertahanan untuk mengurangi anxitasnya. Sayangnya dia tidak bisa menahan rasa sakitnya karena hormonal terapi dan akhirnya dia memutuskan untuk bunuh diri.

Kata kunci: *Psikoanalisis, Anxitas, Mekanisme Pertahanan.*

MOTTO

''IF YOU CAN DREAM IT,

YOU CAN DO IT''

-WALT DISNEY-

LAYANG-LAYANG TERBANG
MENANTANG ANGIN,
BUKAN MENGIKUTI ARAHNYA.

-WINSTON CHURCHIL-

DEDICATION

THIS WORK IS DEDICATED TO:

MY BELOVED MOTHER, WHO ALWAYS SUPPORT ME EVERY TIME

MY BELOVED FATHER, WHO HAS WAITED ME IN HEAVEN

MY BELOVED OLD BROTHERS AND OLD SISTERS

AND

MY PRECIOUS FIANCEE

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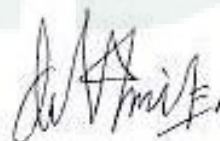
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Furthermore, the researcher realizes that there are some errors in this graduating paper. Hopefully, this research can make a contribution to literary field.

Yogyakarta, 16 May 2016



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CHAPTER I

INTRODUCTION

1.1 Background of Study

Literature is works of the creative imagination. Literature is the fictional and imaginative writings including philosophy, history and even scientific works. The kinds of literature are poetry, prose fiction and drama (Abrams 177-178). Drama is one of kinds in literature. According to *Oxford Advance Learner's Dictionary* drama is “a play for theater, radio or television (1995: 351)”. In this era, the development of technology and science influence the drama. Then, today drama comes with a new package called movie.

Recently, the production of movie has been increasingly being rampant. It evokes the establishments of many movies studies departments, from vocational senior high schools to higher educations or universities all over the world. Watching movies has been one of the favorite daily or weekly activities for some people to spend out their leisure time. They watch many sort of movie genres, such as comedy, horror, historical, animation, motivation and science-fiction. They like to watch movies because it combines all artistic aspects which can make it more attractive than other literary works.

According to Howard, “movie reflects political and social pressures and issues indirectly in many complex and contradictory ways (1964; P: 108)”. It means that movie is usually a representation of reality in a certain environment or true story of a certain case, like what can be seen, such as in *R. A Kartini*, *Mahatma Gandhi*, and *The Imitation Game* movie. Those movies tell their

journeys from childhood until adulthood and become heroes in their countries. *R. A Kartini* movie tells audience about how a strong woman tried hard to get justice in education for women. *Mahatma Gandhi* movie tells about a wise man tried hard to make India get freedom from Landon with peace. Then, *The Imitation Game* movie tells how the young professor tried hard to defeat Nazi's code with his own machine to save thousands of people with his machine and shortened the world war II.

Alan Turing felt anxious when he saw many people died every day and most of them were children. Then, he made Enigma machine to reveal Nazi's code. Many challenges he should face it, one of them he was suspected as a spy man by his commander Denniston. Denniston as his commander always waited for Alan did mistakes. Then, he could fire Alan soon. This is made Alan more anxious because he was afraid that Denniston will destroy Alan's machine.

From the story above, the researcher finds that anxiety and defense mechanism become the main problem in this movie. Anxiety is caused by the Alan's experiences and loss of loved object. The impact of anxiety forces someone to do a defense like concealing or confronting unconsciously. According to Freud the significance of defense mechanism is helping people to overcome anxiety and prevent threats from the ego (as cited in Corey, 1986: 14).

The Imitation Game movie portrayed about the intellegent man. He was so eager to make his dream come true. Here, Alan Turing was hard-working to make machine Enigma to defeat Nazi's code and won the war. In Islam, the spirit of

hard-working is commanded by God and it is clearly seen in the holy Qur'an, An-Najm verse 39:



“And that man can have nothing but what he does (good or bad).”

(Al.Hilili 2011:949)

In An-Najm verse 39, Allah commands to the followers to try what should they have to do. In that verse, Allah clearly commands to the followers to try everything, especially good thing if they do not want to get anything. Someone who wants to get something he/she should try hard to get it. The researcher uses this verse as a base command to release how Alan Turing did everything for making his new machine. His huge obsession could help leading England to get freedom. His machine makes England step forward than Nazi in world war II.

1.2 Research Questions

Based on the background of study and the focus of the study above, the researcher would like to specify the main problems into the following questions:

1. What are the forms and factors of Alan Turing's anxieties based on Sigmund Freud theory?
2. How does Alan Turing apply the defense mechanisms to cope his anxiety?

1.3 Objectives of Study

The objectives of the study are mentioned as follows:

1. To find out the forms and factors on Alan Turing's anxiety.
2. To analyse Alan Turing's defense mechanism that cope his anxiety in *The Imitation Game* movie.

1.4 Significances of Study

There are two significances of this research, they are theoretically and practically. The significances of this research are:

1. Theoretically

This research is to give additional contribution to the other literary research, particularly as a reference and additional input in discussing psychoanalysis in a movie. It can be used as an appropriate reference in conducting the further research especially with similar topic and theory of anxiety and defense mechanism.

2. Practically

This research hopefully can give understanding in literary field as the reference for other researchers to help them understand about the kind of anxieties and defense mechanism that present in movie.

1.5 Literature Review

The movie of *The Imitation Game* that was released in 2014 has not been analyzed in any academic presentations or papers. This circumstance gives not choice for finding the other previous researcher with object the same object material; *The Imitation Game* movie as the source of the data analysis. Here, there are three researchers that apply the psychoanalysis theory of Sigmund Freud. The

three of those researchers have different objects, but they have similarities in theory.

The first research is graduating paper written by Wahyu Ismoyo from State Islamic Sunan Kalijaga University Yogyakarta in 2014 entitled “*Anxiety and Defense Mechanism of Bethany Hamilton In Pursuing Her Dream as Portrayed in Soul Surfer Movie*”. This research explains about the types of anxiety that Bethany undergoes and how she overcome her anxiety by defense mechanism. This research uses qualitative method and applies psychoanalysis by Sigmund Freud. This research conclude that Bethany Hamilton feels anxious because he loss her arm. Then, she uses some defense mechanisms to cope her anxious.

The second is graduating paper written by Setyorini Kholidi from Islamic State University Sunan Kalijaga 2013 entitled by *Anxiety and Defense Mechanism of George Milton in Pursuing the Dream as Portrayed In John Steinbeck’s of Mice and Men*. This research explains about the main character’s anxiety: realistic anxiety and moral anxiety. George as the main character in this novel gets suffers from the realistic anxiety because of Lennie’s character and the difficult situation around him. This research is used qualitative research. This research conclude that people use several defense mechanisms to overcome his anxiety, either used together or in turn.

The third research is graduating paper written by Nuraeni from State Islamic Syarif Hidayatullah Jakarta in 2010 entitled “*Main Characters Analysis on Anxiety-A Defense Mechanisms in Bridge to Terabithia Novel*”. This research explains about the characterization of the main character, the causes of the main

character's anxiety and how they apply defense mechanisms as the way to reduce their anxiety. This research uses qualitative method and applies Sigmund Freud's psychoanalysis. This research conclude that to distort the anxious, Jessie and Leslie use defense mechanism to overcome their anxious.

Indeed, the three researches above have different subject and object, but they have similarities in applied theory. The researcher uses Freud's psychoanalysis theory to analyze the main character in the movie, which those have different implementations. The researches that have been done by three researcher above are different from this research, because the present researcher tends to analyze *The Imitation Game* movie based on psychological perspective. The researcher analyze the main character's anxiety and defense mechanism by using Sigmund Freud psychoanalysis. In additional, the researcher uses the film theory to make the readers more understand and clearl to fulfill the purpose of the researcher.

1.6 Theoretical Approach

In this research, the researcher uses pschoanalysis theory by Sigmund Freud to analyze the anxiety that the main character shows in the movie which is ilustrated by Alan Turing. This research analyzes the anxiety of Alan Turing. So, this theory is suitable to analyze this movie. There are many scenes and dialogues found in this movie that express Alan Turing's anxiety as seen in *The Imitation Game* movie. Before the concept of the anxiety is discussed, the explanation of the structure of the personality by Sigmund Freud is necessary.

1.6.1 Psychonalysis

Psychoanalysis theory proposed by Sigmund Freud devides personality into three parts, id, ego and superego.

1.6.1.1 Id

According to Freud, the basic system of the structure of personality is the id. The id operates on the pleasure principle where the id only seeks for pleasure and avoids everything that is comfortable. Id is the main personality system. Id contains everything that psychologically derived that have been present since birth include instinct, life instinct (as cited in Alwison, 2009: 14-15). Freud claims that id as the king or prince in the kingdom, the king is represented as a dictator that should be respected and spoiled. Everything that the king asks must be completed (as cited in Albertine, 2010: 20-23).

1.6.1.2 Ego

Initially the ego is 'that part of the id which has been modified by the direct influence of the external world' (Freud 1923). The ego develops in order to mediate between the unrealistic id and the external real world. It is the decision making component of personality. Ideally the ego works by reason, whereas the id is chaotic and totally unreasonable (www.simplypsychology.org/psyche.html, accessed on 1 January 2016). Here, Freud claims that ego as on cabinet minister. The duties of cabinet menister to serve the king and know what the society need (as cited in Albertine, 2010: 21).

1.6.1.3 Superego

According to Freud superego is the moral or judicial branch of personality. It represents the ideal rather than the real, and it strives for perfection rather than pleasure. The superego is the person of moral code. Superego is same as conscience that can measure the bad thing or good thing. Freud describes that superego as a klerick. His duties are to remind the king if his asking is true or false and suggests to the king to be wise to make rules (as cited in Albertine, 2010: 21-23).

1.6.2 Anxiety

Psychoanalysis theory is used to view the personality as a structure consisting of three elements, namely Id, Ego, and Superego. These elements have an important role in the appearance of anxiety. According to Freud, anxiety is as a signal to the ego that danger is coming (as cited in NurAeni thesis). It warns the ego to do something to prevent the danger from doing harm to the ego. Anxiety creates pain, uncomfortable feelings that people would prefer not bear it. Based on Freud's theory, there are three types of anxiety, they are; neurotic anxiety, moral anxiety, and realistic anxiety (Walgito, 2004:78).

1.6.2.1 Neurotic anxiety

According to Freud neurotic anxiety develops when people fear get punishment from other people because they do something by their own way. For example, a young man fear get punishment when he play in the sea again, because when he was a child his parent ever gave him punishment. So, he still imagine it perhaps his parent do not know what he does (as cited in Alwisol, 2010: 22).

1.6.2.2 Moral anxiety

According to Freud anxiety which results from fear of violating moral or societal codes, moral anxiety appears as guilt or shame (Wiyatmi, 2011:12). Moral or superego anxiety is fear of negative self-evaluation from the conscience or superego. The anxiety may be felt as guilt, and those with strong superegos may feel guilt or anxiety when they do (or even think of doing) something they were raised to believe was wrong. (<http://science.jrank.org/pages/453/Anxiety.html>), accessed Desember 1, 2015.

1.6.2.3 Realistic anxiety

According to Freud realistic anxiety comes from real threat or threats in the environment, the level of anxiety that will be felt is commensurate with the existing or anticipated threats. For example, someone will feel anxious leaving the car that just bought at the roadside dark and quiet. The owner is afraid that his car will looss (as cited in Adri, 2007: 235)

1.6.3 Defense Mechanism

From the beginning of this theory, anxiety is always related to defense mechanism. According to Freud the significance of defense mechanism is helping people to overcome anxiety and prevent threats from the ego (as cited in Corey, 1986: 14). Here, some of defense mechanisms are:

1.6.3.1 Repression

According to Freud repression is an unconscious mechanism employed by the ego to keep disturbing or threatening thoughts from becoming conscious. As a

result of repression the person is not aware of his own anxiety producing impulses or does not remember deeply emotional and traumatic past events (as cited in Krech, 1974:579).

1.6.3.2 Rationalization

Rationalization is creating an acceptable but incorrect explanation of a situation. For example, if people failed a test, they blame it on others. If students do not complete the assignment, they think the teacher is unfair to have given the assignment (as cited in McLeod, S. A. 2009).

1.6.3.3 Reaction Formation

Doing the opposite of the people would really like to do. Reaction formation reduces anxiety by taking up the opposite feeling. For example, someone who has high sex impulses become people who oppose pornography (as cited in McLeod, S. A. 2009).

1.6.3.4 Displacement

According to Freud displacement is a defense mechanism that replaces impulses to another object to satisfy the Id. Someone who is frustrated by his or her superiors may go home and kick the dog and beat up a family member (as cited in Andri, 2007: 237).

1.6.3.5 Regression

According to Freud Regression is a movement back in psychological time when one is faced with stress. Regression is a defense mechanism when

individual back to the early period of his life more pleasant and free of frustration and anxiety now facing. Regression is usually associated with the return of individuals to a stage of psychosexual development (as cited in Andri, 2007: 237)

1.6.3.6 Projection

According to Freud Projection is attributing a threatening urge, impulse, or aspect of oneself to someone else. If he/she thinks that the best offense is a good defense, he/she may use projection a lot. For example someone says "I do not hate him, it was he who hates me" (as cited in McLeod, S. A. 2009).

1.6.3.7 Denial

According to Freud Denial is refusing to accept that something exists or happened. Denial can also involve altering the meaning of an event so that its impact is diverted. If some situations are just too much to handle, the person just refuses to experience them. As an individual might imagine, this is a primitive and dangerous defense - no one do no care about reality and gets away with it for long. For example, smokers may refuse to admit to themselves that smoking is bad for their health (as cited in McLeod, S. A. 2009).

1.6.3.8 Sublimation

Sublimation is similar to displacement, but it takes place when people manage to displace their emotions into a constructive rather than destructive activity. For example many great artists and musicians have had unhappy lives and have used the medium of art of music to express themselves. Sport is another example of putting people's emotions (e.g. aggression) into something

constructive. (<http://www.simplypsychology.org/defense-mechanisms.html>) (Saul McLeod 2008), accessed on January 6, 2016.

1.6.4 Film theory

Besides the theory of psychoanalysis as the primary theory, this research needs secondary theory, such as the theory of film. From Amy Villarejo in his book *Film Studies: The Basics* (2007, 28-38), there are two important aspects in analyzing a scene in the movie; mise-scene and cinematography. Mise-scene is used to make the movie such as real life. It has six elements such as; setting, lighting, costume, hair, make-up, and figure behavior. Those components are needed to make the movie more attractive.

Besides mise-en-scene, another aspect that is important to help analysis of the movie is cinematography. Cinematography is about camera when it shoot an object. There are camera distance, camera angle, and camera's movements that belong to cinematography (Villarejo, 2007:36).

- a. The Extreme Long Shot (ELS), covers a wide area, including the human figure and environment.
- b. The Long Shot (LS), the focus is the subject, but the background is still visible;
- c. The Medium Long Shot (MLS), frames the whole subject from knees up;
- d. The Medium Shot (MS), frames the whole subject from the waist up;
- e. The Medium Close-Up (MCU), frames the subject from chest up;
- f. The Close-UP (CU), frames the subject, especially the face;
- g. The Extreme Close-Up (ECU), frames just the person's facial features;

The theory of film help the researcher to make great deal between the researcher and the reader. It will help the readers more clearly to understand it.

1.7 Method of Research

This section explains the method of this research which consists of data sources, data collecting technique, and data analysis technique. it will be explained more as follows:

1.7.1 Type of Research

In this research, the researcher uses descriptive qualitative because the research means “exploring and understanding the meaning individuals or groups ascribe to a social or human problems (Creswell, 2009:22). This research attempts to explain; first, the forms and the factors of Alan Turing’s anxiety. Second, Alan Turing’s defense mechanism that he used to cope his anxious. The type of this research is library research, since most of sources are found in the library. This research uses the strategy of inquiry of case study because the research conducts it depend on some cases that appeared in *The Imitation Game* movie.

1.7.2 Data Sources

The data of this research is divided into the main data and the supporting data. The main data found from *The Imitation Game* movie such as script, pictures and acts. While, the supporting data come from some literary sources. Those are books, journal and electrical sources that support this research.

1.7.3 Data Collection Technique

The researcher conducts some steps in collecting the data. First, the researcher close read the movie. Some dialogues, pictures and acts that relate to the research question to be data of this research. Second, the researcher collects all data found from the movie and the script based on the theoretical variable such as realistic anxiety, neurotic anxiety an moral anxiety. Then, the defense mechanisms are repression, rationalization, reaction formation, displacement, regression, projection, denial, sublimation.

1.7.4 Data Analysis Technique

After collecting the data as the previous step, the next step is important in this research. The researcher uses a qualitative descriptive to analyze the data. The analysis of this research conducts some steps. First, the researcher classifies the data found into some categories based on the variable. The variable of the data are dialogues, acts and pictures. Second, this theory appears the variable relation between the caused of anxieties; realistic anxiety, neurotic anxiety an moral anxiety. Then, defense mechanisms is helping people to overcome anxiety. Those are repression, rationalization, reaction formation, displacement, regression, projection, denial, sublimation.

1.8 Paper Organization

This research is divided into four chapters. The first chapter is an introduction. It consists of background of study, research question, objective of study, significance of study, literature review, theoretical approach, method of research, and paper organization. The second chapter delivers the intrinsic

elements in *The Imitation Game* movie. The third chapter provides the analysis of the data using the theory of anxiety and defense mechanism by Sigmund Freud and film theory. The last chapter is about conclusion of the research, which contains the conclusion and suggestion.



CHAPTER IV

CONCLUSION AND SUGGESTION

This chapter is the conclusion of the research. This conclusion refers to the answer of the research questions that have been represented by the researcher in the previous chapter. This chapter also contains the suggestions that the researcher gives for the future researchers and readers.

4.1 Conclusion

From the analyse of the previous chapter, it can be concluded that Alan Turing's defense mechanism, which came from his anxiety, pushed him to be more creative in creating the machine. From this statement, it can be seen that defense mechanism can be manifested in a good result.

Alan Turing as the focus in this paper, Alan felt some anxious. The first anxiety is realistic anxiety. Alan felt anxious because he wanted to create Enigma machine to defeat Nazi's code because manually took a long time to break the code. Every minutes a single man dead because of attack from Nazi, most of victims are children. The second forms is neurotic anxiety. Alan Turing was afraid if his machine destroyed by government because he suspected as homosexual.

There are three factors of Alan Turing' anxiety. First, the most dominant factors is the childhood experience. When Alan Turing was a child he got several bad experience such as becoming an object ofbullied and violence. The second factors of Alan Turing's anxiety is caused loss of loved object. In this case, Alan

ever failed love twice. First, losing his male friend, Christopher. Second, losing his fiancée.

Alan Turing used defense mechanisms to overcome his anxiety. First, he used sublimation to displace his feelings. When he felt bored about his daily activity he expressed his anxiety with jogging. Second, Alan used reaction formation. Alan did it to reaction when his headmaster told him if Christopher was dead. Alan just silent and answered that he did not know Christopher well many times and Alan refusing to recognize Christopher as his close friend. In the end, Alan Turing suicide on June, 1954 because his defense mechanism unsuccessful. Lately, in 2013, Queen Elizabeth II granted Alan Turing a posthumous royal pardon, honoring his unprecedented achievements. Then, Queen Elizabeth II legalised homosexuality in London as honoring Alan Turing.

4.2 Suggestion

The researcher realizes that if this graduating paper so far from perfect, there are a lot of human errors and shortcomings in explanation of Alan Turing's anxiety and his defense mechanisms. Thus, the researcher hopes that this graduating paper is capable of being a reference for everyone who has the same object and different analysis. The researcher suggests for the next researcher that next researchers who conduct the similar research, are expected to use this study as a basis or additional reference with the development of problems from different perspective.

Furthermore, the readers can take many moral messages from this study. As human being, we should have good dreams in the future. If people do not have

goal in their life, it will be dangerous for them. They have to write down their dream in a piece of paper and put it on the wall. It will motivate us to make comes true because we read it every time.



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E. Work Experiences

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