

**ANXIETY AND DEFENSE MECHANISM OF RACHEL WATSON IN  
PAULA HAWKINS' NOVEL *THE GIRL ON THE TRAIN***

**A GRADUATING PAPER**

**Submitted in Partial Fulfillment of the Requirement for Gaining  
The Bachelor Degree in English Literature**



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**2017**

## **A FINAL PROJECT STATEMENT**

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

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Nomor : B-253/Un.02/DA/PP.00.9/05/2017

Tugas Akhir dengan judul : ANXIETY AND DEFENSE MECHANISM OF RACHEL WATSON IN PAULA HAWKINS' NOVEL THE GIRL ON THE TRAIN

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**ANXIETY AND DEFENSE MECHANISM OF RACHEL WATSON IN  
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**ABSTRACT**

*The Girl on the Train* is a psycho thriller novel written by Paula Hawkins, a British author. It has a complicated character, Rachel who refers as “the girl on the train”. Rachel always feels afraid, panic, worry, and guilty. To overcome and feel secure toward those feelings, she becomes a drunken woman. She is an interesting character because a drunken people usually does not care the condition around him/her. She is different, she still has social sensitivity. This research aims to describe type and factor of anxiety that is used by Rachel, and to explain the defense mechanism as a strategy to reduce her anxiety. This research applies Psychoanalysis theory by Sigmund Freud to analyze the anxiety and defense mechanism that appear in Rachel’s character. The researcher uses a qualitative method of study. The researcher explains the data by categorizing the data, making some list about the anxious event, looking for the defense mechanism, and analyzing the data. From the analysis, it can be concluded that Rachel suffers all the type of anxiety; neurotic, moral, and realistic anxiety. Finally, to cope Rachel’s anxious feeling, Rachel uses six defense mechanisms. They are repression, displacement, fixation, projection, rationalization, and denial.

**Keywords:** *anxiety, defense mechanism, and Rachel’s character*



**KECEMASAN DAN MEKANISME PERTAHANAN RACHEL WATSON  
DALAM NOVEL PAULA HAWKINS *THE GIRL ON THE TRAIN***

By: Atun Farkhatun

**ABSTRAK**

*The Girl on the Train* adalah sebuah novel psikologi horor yang dikarang oleh penulis Inggris, Paula Hawkins. Novel ini memiliki seorang tokoh rumit, Rachel yang merujuk sebagai “gadis di kereta”. Rachel selalu merasa takut, panik, cemas, dan bersalah. Untuk menguasai dan merasa aman terhadap perasaan-perasaan tersebut, dia menjadi wanita pemabuk. Dia adalah tokoh yang menarik karena seorang pemabuk biasanya tidak peduli dengan keadaan di sekitarnya. Dia berbeda, dia masih memiliki kepekaan sosial. Dia ingin menolong seseorang untuk mengungkapkan sebuah misteri pembunuhan. Penelitian ini bertujuan untuk mendeskripsikan tipe dan faktor kecemasan yang digunakan oleh karakter ini. Penelitian ini juga memaparkan mekanisme-mekanisme pertahanan untuk mengurangi kecemasan Rachel. Teori yang digunakan dalam penelitian ini adalah teori Psikoanalisis oleh Sigmund Freud dengan konsentrasi dalam teori kecemasan dan mekanisme pertahanan. Peneliti menggunakan metode kualitatif untuk menganalisis data. Sedangkan teknik pemaparannya adalah: menggolongkan data, membuat daftar tentang kejadian-kejadian kecemasan, mencari mekanisme pertahanan dan menganalisis data. Dari analisis yang didapat, penelitian ini merangkum bahwa Rachel menderita semua tipe-tipe kecemasan; neurotik, moral, dan realistik. Terakhir, untuk mengatasi perasaan cemas Rachel, dia menggunakan enam mekanisme pertahanan. Mekanisme itu adalah represi, pemindahan, fiksasi, proyeksi, rasionalisasi, and penolakan.

**Kata kunci:** *kecemasan, mekanisme pertahanan, dan tokoh Rachel*

## MOTTO

Indeed, Allah will not change the condition of a people  
until they change what is in themselves.

◈ Holy Qur'an Ar - Ra'd Verse: 11 ◈

Whatever the obstacles that I face, I will never give  
up. There is only one choice for me, facing with my  
strength and God.

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## **DEDICATION**

I dedicated this graduating paper to:

My beloved parents, Maskum (RIP) and Fatimah

All my dearest brothers and sisters, Wahyudin, Khaeron (RIP), Uripah, Miftakhul

Ulum, Nurlaelah, Nurlaeli

and

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## ACKNOWLEDGEMENT

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*Assalamu'alaikum Wr. Wb.*

All praises be to Allah SWT, The Lord of The World, The Merciful, who has been giving blessing for me to finish this graduating paper entitled “Anxiety and Defense Mechanism of Rachel Watson in Paula Hawkins’ Novel *The Girl on The Train*” as the requirement for gaining the bachelor degree in English Department, State Islamic University of Sunan Kalijaga Yogyakarta.

In finishing this paper, there are many persons around me that gives great help and supports. Therefore, I sincerely appreciates and delivers massive thanks to them.

1. Dr. Ubaidillah, S.S., M.Hum., as the Head of English Department State Islamic University of Sunan Kalijaga Yogyakarta.
2. Witriani, S.S., M.Hum., as my graduating paper advisor. Thank you for the suggestions, the advices, the guidance, and her willingness to patiently and sincerely guide the researcher in arranging this paper. She has an important role for the researcher in completing this paper.
3. Danial Hidayatullah, S.S., M.Hum., as my academic advisor.
4. All lecturers in English Department who support and share much knowledge for this whole time. Thank you so much to Jiah Fauziah, M.Hum. (RIP), Ulyati Retno Sari, M.Hum., Fuad Arif Fudiyartanto, M.Ed., Dwi Margo Yuwono, M.Hum., Bambang Hariyanto, M.A., Arif Budiman, M.A., and others.

5. My beloved parents, Maskum (RIP) and Fatimah who are always my motivators and angels for me. Thank you for their love, supports, and everything. I love you.
6. My dearest brothers and sisters, Wahyudin, Khaeron (RIP), Uripah, Miftakhul Ulum, Nurlaelah, and Nurlaeli, who always motivates me to do the best. Thank you for always taking care of me.
7. KAPMI (Keluarga Pelajar dan Mahasiswa Indramayu) as my big family in Yogyakarta. Thank you for giving many experiences and helping me as long as living in Yogyakarta.
8. ADC (Adab dance Community) as the media for me to develop my hobby in dancing traditional dance.
9. My best friends in English Department, Nur Laeli Masykuroh, Siti Roudlotul Jannah, Ruhaedah, Minkhatul Maula, and Nadiatusy Syarifah who always support me.
10. My reviewers who have given so much help in correcting this graduating paper. And for all the classmates in English Department, thanks for the kindness and support all the time, especially for class B chapter 2012.
11. My great friends who accompany and remember me in writing the graduating paper, especially for Sholikhah, Sule, Dessy, Atik, and Agus.
12. My future husband as the inspiration for me to finish this graduating paper.
13. And everyone who helps me in finishing this paper.

However, I realizes that this paper is far from perfect. Therefore, I humbly opens chances for readers to give suggestions and corrections to improve this paper. Last, I hopes this paper will be useful and gives advantages for readers.

*Wassalamu'alaikum Wr. Wb.*



Yogyakarta, April 18, 2017

The researcher

Atun Farkhatun

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## CHAPTER I

### INTRODUCTION

#### 1.1 Background of Study

Literature is written artistic works. According to *Oxford Advanced Learner's Dictionary*, literature is writings that are valued as works of art, especially fiction, drama, and poetry (in contrast with technical books and newspapers, magazines, etc) (Hornby, 1995: 687). Literature is fictional and imaginative writings including philosophy, prose fiction, poem, history, and even scientific works. In *Oxford Advance Learner's Dictionary* (Hornby, 1995: 931), prose is the written or spoken language that is not in verse. Meanwhile, fiction is the type of literature describing imaginary events and people, not real ones. Therefore, prose fiction is a kind of literature that tells events, people, and things that are not based strictly on history or fact. One of the kinds of prose fiction is novel.

The word “novel” comes from Italian language *novella*. The word *novella* literary means “a little new stuff”, and then interprets as “short story” (Abrams, 2009: 226). In addition, a novel is a long printed story about imaginary characters and events. In this research, the researcher chooses a novel as the material object of the analysis because of two reasons. First, a novel frees imagination, both of writers and readers. For writers, everything is possible. They can write many things or conditions. Furthermore, they can be anything, anyone, and in anywhere.

For readers, they can imagine the plot of the story freely. Second, a novel can contain other literary genres. Eagleton states in *The English Novel: An Introduction* (2005: 1-2) that: “the novel quotes, parodies, and transforms other genres... it is the queen of literary genres ... There seems to be nothing it cannot do.” From that citation, it can be known that a novel is a literary genre which has capability to provide a place for other genres.

The researcher chooses Paula Hawkins’ *The Girl on the Train* novel as the material object. *The Girl on the Train* is a psycho thriller novel by a British author, Paula Hawkins. This novel is published on January 13, 2015. (<https://www.amazon.com/Girl-Train-Novel-Paula-Hawkins-ebook/dp/B00L9B7IKE>). It tells about an alcoholic woman, Rachel who takes the same commuter every morning and night. Every day she rattles down a track, flashes past a stretch of cozy suburban homes, and stops at the signal that allows her to daily watch same couple, breakfasting on their deck. Then, Rachel names the couple Jess and Jason. Actually, Jess and Jason are not their real names. Their real names are Megan Hipwell and Scott Hipwell.

Later, there is a news that Jess whose real name is Megan Hipwell disappears. On the other hand, Rachel is the only one witness of Megan’s disappearance because she is in the place when Megan loses. Although she does not know Megan before, Rachel wants to help Scott and the police to find Megan. Unfortunately, Rachel loses her memory. She tries to remember that event, but she is afraid if the event is bad for her. So that, she feels frightened to remember that event. The more she remembers, the more she gets sick.

The researcher is curious to the main character, Rachel Watson, a complicated character. In this novel, she is described as a depressive woman because of the divorce. She cannot move on to her new life. Then, she becomes a drunken woman to release her depression. Here, alcohol is a potion for her. Unfortunately, it just gives temporary pleasure because she suffers more depressive than before when the effect of alcohol loses. On the other side, she is an engrossing character. Although she is a drunken woman, she wants to help Scott to reveal a mystery. She feels that she closes and recognizes Scott in spite of the fact he is nobody for her. She is happy if she can help him. It is interesting because a drunken people usually does not care anything, but she is different. She still has social sensitivity even though she is a drunken woman.

In real life, alcohol causes some negative impact for human both in health and mental. In health, it can damage organs function and get many diseases. On the other hand, in mental (psychological aspect), it can reduce human's ability in remembering memories and getting bad reputation from society. In this novel, Rachel also suffers two negative impacts of alcohol. She cannot have a baby, loses her memory, and gets oppression from society. Furthermore, she always feels afraid, worry, panic, and guilty to move progressively. According to Wiyatmi (2011: 11-12), feeling afraid, worry, panic, and guilty refer to term anxiety. Then to cope those anxious feeling, Rachel uses defense mechanism. She rejects, falsifies, and breaks the truth. She also changes her real perception to overcome her anxious feeling.

Actually, people sometimes feel anxious in daily life. People feel anxious when something unclear happens or something threatening would happen in the future. If people who feel anxious cannot cope their feelings, they will feel uncomfortable. It occurs because their anxious feeling always threatens them. Unfortunately, people cannot lose because they definitely have this feeling. It is one of human nature characteristics.

In relation to Islamic religion, the anxiety is mentioned in The Holy Qur'an, for example in *Al-Baqarah* verse: 38

قُلْنَا اهْبِطُوا مِنْهَا جَمِيعًا فَإِمَّا يَأْتِيَنَّكُمْ مِنِّي هُدًى فَمَنْ تَبَعَ  
هُدَايَ فَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ يَحْزَنُونَ {٣٨}

*We said: "Get you down all from here: and if, as is sure, there comes to you guidance from Me, whosoever follows My guidance, on them shall be no fear, nor shall they grive." (Al-baqarah verse 38)*

According to Abdullah Ghazi (1997: 25), "God speaks of Himself usually in the first person plural *We*." It is the plural of respect and honor and is used in human language". Then, the term anxiety (*Khauf*) is interpreted as an apprehensive feeling about something unlike happen. When people feel anxiety, they will feel nervous or worry about something that is happening or might be happening in the future. In Islamic perspective, there is a way to cope anxiety. The way is accepting the god's rules (*whosoever follows my guidance*).

Consequently, the researcher tends to analyze the psychological aspect of the anxiety that is used by Rachel's character in *The Girl on the Train* novel

because anxiety can be experienced by anyone. Therefore, by analyzing the anxiety of Rachel Watson, it can be helpful for public to know more about anxiety and the way to cope anxiety (defense mechanism).

## **1.2 Research Questions**

According to the background of study above, the research questions of this research are:

1. What are the types and factors of Rachel's anxieties?
2. Does she consciously apply defense mechanism?

## **1.3 Objectives of Study**

In line with the research questions, the objectives of this study are to describe the type of anxiety that is used by Rachel and to explain the defense mechanism applying by Rachel.

## **1.4 Significances of Study**

This research has two significances, both practically and theoretically. Practically, this research helps academic readers (students, lecturers, researchers, etc) in understanding the Sigmund Freud theory in literary works. Furthermore, this research can be a reference about psychoanalysis theory. For non-academic readers, this research helps them in understanding the Rachel's character and the story of the novel easily. Theoretically, this research helps to find out how the anxiety and defense mechanism is presented in literary works. It is also intended to add literary analysis in psychoanalysis theory.

## 1.5 Literature Review

This research deals with anxiety and defense mechanism theory. There are some prior researches that are relevant to this study. The first is a graduating paper titled “Anxiety and Defense Mechanism of Bethany Hamilton in Pursuing Her Dream as Portrayed in *Soul Surfer* Movie” by Wahyu Ismoyo, State Islamic University, 2014. This research explains the types of anxiety does Bethany Hamilton undergo in *Soul Surfer* movie, and the forms of defense mechanism of Bethany Hamilton in *Soul Surfer* movie. Bethany’s character is related with theory of Sigmund Freud which focuses about psychoanalysis. The method of this research is qualitative research. It concludes that Bethany Hamilton uses two types of anxiety. They are realistic and neurotic anxiety. Therefore, Bethany reduces her anxiety by reaction formation and displacement.

The second is a graduating paper by M. Miftahul Jannah, 2016 entitled “Anxiety and Defense Mechanism on Alan Turing in *The Imitation Game* movie”. The general aim of this research is to describe anxiety and defense mechanism of Alan Turing character. It has two objectives of study. They are to find out the forms and factors of Alan Turing’s anxiety, and to analyze Alan Turing’s defense mechanism that cope his anxiety in *The Imitation Game* movie. This research uses psychoanalysis theory, especially the theory of anxiety and defense mechanism by Sigmund Freud. The method of this research is descriptive qualitative by conducting library research. It concludes that Alan uses some defense mechanism to cope his anxious, but he could not keep his sickness anymore because of his hormonal therapy. Then he committed to suicide.



The third is a graduating paper entitled “Main Characters Analysis on Anxiety – A Defense Mechanism in *Bridge to Terabithia* Novel” by Nuraeni, 2010. This research explains about the characterization of the main characters; the causes of the main characters’ anxiety; and how they apply defense mechanism as the way to reduce their anxiety. This research uses a qualitative method and applies Sigmund Freud’s psychoanalysis theory. Then, the result of this research is Jessie and Leslie as the main characters suffer neurotic and moral anxiety. They use some defense mechanisms to overcome their anxious feeling such as displacement, behavioral withdrawal, fantasy, denial, and sublimation.

All the prior researches above are analyzed using the same theory about anxiety and defense mechanism. Two researchers use movie as the object of analysis, while one researcher uses a novel “*Terabithia*” as the object of the analysis. Here, the researcher uses a novel “*The Girl on the Train*” by Paula Hawkins as the different object of analysis.

## **1.6 Theoretical Approach**

In analyzing this research, the researcher uses psychoanalysis theory by Sigmund Freud. The researcher analyzes about the psychoanalysis of Rachel Watson as the main character in *The Girl on the Train* novel, especially in the way how she copes her anxieties with the defense mechanism.

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. According to Freud, mental is divided into two levels, the unconscious and the

conscious. The unconscious is the part of people's mind that contains feelings and thoughts that they do not know about, and that influence the way you behave. Meanwhile, the conscious is thinking and knowing what is happening around them.

### **1.6.1 System of personality**

Moreover, Sigmund Freud divides the system of personality into three parts; the id, the ego, and the superego. According to Freud, (1909: 36 – 39) in *Theories of Personality* the explanation of each structure of personality are:

#### **1.6.1.1 The id**

The id is the original system of the personality. It is the deepest part of the unconscious mind that represents the most basic natural human needs and emotions such as hunger, anger, pain, and the wish for pleasure. The id has its command two processes. There are reflex action and the primary process. Reflex actions are inborn and automatic reactions like sneezing and blinking. Meanwhile, the primary process involves a somewhat more complicated psychological reaction. It attempts to discharge tension by forming an image of an object that will remove the tension. For example, people feel hungry when they look the picture of food.

#### **1.6.1.2 The ego**

Initially, the ego is the part of a person's mind which tries to match the hidden desires (= wishes) of the id (= part of the unconscious mind) with the demands of reality. It is also called as the secondary process. The ego develops in order to mediate between the unrealistic id and the external real world. It is the

decision making component of personality. For example, hungry person have to seek, find, and eat food before the tension of hunger can be eliminated.

#### 1.6.1.3 The superego

The superego is the part of your mind which knows what is right and wrong according to the rules of the society in which you live, and which causes you to feel guilty when you do something wrong. The superego is the person of moral code.

In concluding this brief description of the system of personality, it should be pointed out that the id, ego, and superego are not to be thought of as manikins that operate the personality. On the contrary, they work together as a team under the administrative leadership of the ego. In a very general way, the id may be thought of as a biological component of personality, the ego as the psychological component, and the superego as the social component.

#### 1.6.2 Anxiety

According to Freud, anxiety is a signal to the ego that the danger is coming (Hall, 1907: 47). 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 reality anxiety. According to Freud (Hall, 1909: 48), the definition of each anxiety is below:

#### 1.6.2.1 Neurotic anxiety

Neurotic anxiety is an apprehension about an unknown danger. The feeling itself exists in the ego, but it originates from id impulse. Neurotic anxiety is not much a fear of the instinct themselves as it is a fear of the punishment.

#### 1.6.2.2 Moral anxiety

Moral anxiety is the anxiety which results from fear of violating moral or societal codes. It appears as guilt or shame (Wiyatmi, 2011: 12). Moral anxiety is fear of negative self-evaluation from the conscience or superego. The anxiety may be felt as guilt, and those with strong superego may feel guilt or anxiety when they do (or even think of doing something). They are raised to believe is wrong.

#### 1.6.2.3 Realistic anxiety

Realistic anxiety is the fear of real dangers from the external world. It 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.

### 1.6.3 Defense Mechanism

According to Freud, the significance of defense mechanism is helping people to overcome anxiety and prevent threats from the ego (Corey, 1986: 12). All types of defense mechanisms have two characteristics in common: (1) they deny, falsify, or distort reality, and (2) they operate unconsciously so that people are not aware of what is taking place (Hall, 1909: 50). The types of defense mechanism are explained below:

#### 1.6.3.1 Repression

Repression is an unconscious mechanism employed by the ego to keep disturbing or threatening thought 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 (Smith, 1974: 579).

#### 1.6.3.2 Reaction formation

Reaction formation is doing the opposite of the people would really like do. It reduces anxiety by taking to the opposite feeling. For example, someone who has high sex impulse becomes people who opposites pornography (as cited in McLeod. S. A., 2009).

#### 1.6.3.3 Displacement

Displacement is a defense mechanism that replaces impulse to another object to satisfy 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).

#### 1.6.3.4 Fixation

Fixation is the state of being unable to stop thinking about something or someone, or unnaturally strong interest in them. This type of anxiety is normal than regression (Hall, 1909: 54).

#### 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 individual to a stage of psychosexual development (as cited Andri, 2007: 237).

#### 1.6.3.6 Projection

Projection is attributing a threatening urge, impulse of aspect of oneself to someone else. If he/she thinks that the best offense is a good defense, he/she uses 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 Introjection

This defensive measure by which someone takes positive features of someone else into his/her ego. For example, adolescents are doing the introjections or adopting behaviors, values, or life styles an artist. People adopt something that they regard as high value (Feist, 2009: 43).

#### 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 life 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://simplypsychology.org/defense-mechanisms.html> (Saul McLeod 2008)).



#### 1.6.3.9 Rationalization

Rationalization is edging up the fact in order it does not give frightened. It is happened consciously when people try to excuse themselves from their mistakes by blaming another (Alwisol, 2010: 33). For example, people that want to buy a luxurious car but they do not have money are looking for a logical reason to distort the fact.

#### 1.6.3.10 Denial

Denial is refusing a fact, a realistic perception that is unhappy by losing or changing that perception to fantasy or hallucination. Denial is omitting “the danger from the outside” by denying (considering there is no danger) (Alwisol, 2010: 34). For example, a mother that still makes the carry cot, and prepares the baby equipment, whereas the baby does not exist.

### 1.7 Method of Research

#### 1.7.1 Type of Research

This research uses a qualitative method. Hence, this research is a qualitative research. According to Creswell (2009: 1), qualitative method is a means for exploring and understanding the meaning of individuals or groups ascribe a problem to a social or human. This research applies library research. Library research is an activity of analyzing documents (Kothari, 2004: 7). The analysis process of this research is in the text form. This research presents explanations and interpretations the meaning of the data. This research uses the

strategy of inquiry of case study because the research conducts it depends on some cases that appear in *The Girl on The Train* novel.

### **1.7.2 Data Sources**

The data source of this research is Paula Hawkins' novel, *The Girl on the Train*. There are two data sources; the main data and the supporting data. The main data is the data that is analyzed in the research. The main data of this research can be in the form of dialogues, descriptions, plot, and events in the novel itself which reflect anxiety and defense mechanism based Psychoanalysis theory by Sigmund Freud. Meanwhile, the supporting data of this research is derived from literature reviews, books, and websites that can support the analysis of this research.

### **1.7.3 Data Collection Technique**

According to Ratna, there are several techniques in collecting data. They are sampling, observation, interview, documentation, questionnaire, triangulation, and reading (2010: 209 – 245). The method of collecting data in this research is documentation. The documentation method collects the data through examining documents (Creswell, 2009: 25). There are some steps that the researcher does in collecting the data inside this research. First, the researcher does close reading of Paula Hawkins' *The Girl on the Train* novel to understand its theme, characters and characterizations, setting, plot, point of view, and to get the information that is important related to this research. The researcher also reads some related websites in order to add the researcher's knowledge and understanding about the novel. Second, the researcher makes a note of the data in the form of Rachel Watson

narrations, dialogues, and descriptions in the novel. After making a note, the researcher sorts the data based on Psychoanalysis Theory. Finally, the data are ready to be analyzed.

#### **1.7.4 Data Analysis Technique**

In this research, the researcher uses descriptive analysis. The data are analyzed descriptively by using the theory of psychoanalysis by Sigmund Freud. After the data are sorted, there are some steps that the researcher does in the process of data analysis.

- a. Making some lists about anxious events that are suffered by Rachel. Then, the researcher takes samples and gives the context to explain the anxiety events.
- b. From types of anxiety that are found in the novel, the researcher selects some factors that influence anxiety.
- c. Infering the defense mechanism by describing the context and interpreting the events.
- d. Drawing conclusion of the data

#### **1.8 Paper Organization**

This paper is divided into four chapters. Chapter one is the introduction which consists of background of study, research questions, objectives of study, significance of study, literature review, theoretical approach, method of research, and paper organization. Chapter two explains the intrinsic elements of *The Girl on the Train* novel. Then, chapter three is the analysis of the novel applying

psychoanalysis theory, especially anxiety and defense mechanism theory by Sigmund Freud. The last chapter is the conclusion and suggestion of this research.



## **CHAPTER IV**

### **CONCLUSION AND SUGGESTION**

This chapter provides the conclusion of this research. This conclusion refers to the answer of the research questions that have been presented by the researcher in the previous chapter. On the other side, this chapter also provides the suggestion that the researcher gives for the next researcher.

#### **4.1 Conclusion**

From the analysis, it can be known that Rachel Watson suffers anxious feeling in her life. She feels all the types of anxiety. The first anxiety is neurotic anxiety that happens when Rachel feels a panic when talking to the police. The police are represented as the authority figure who causes she feels afraid whether she gets a punishment from them. Furthermore, its neurotic anxiety also happens when she feels nervous in giving the information to Scott. It is because Scott as Megan's husband is looked as an authority figure too that makes Rachel afraid of getting a punishment from Scott.

The second anxiety is moral anxiety. In this novel, it happens three times in Rachel's character. The first moral anxiety is when she feels guilty to Cathy. In this situation, She feels guilty because she makes Cathy's house untidy and she lies about the fact she is unemployed. The second is when she feels embarrassed for being found out by Cathy when she is drinking because Rachel realizes that drinking is not acceptable by society. It means that she breaks the standard moral of society. The third is when Rachel feels ashamed meeting Martin Miles at the

coffee shop. Her anxious feeling is shown by feeling ashamed. It is because she cannot get a new job yet. She feels ashamed to Martin Miles because her ego is possessed by superego. She feels embarrassed because she is still unemployed, and she should have a job soon. In the fact, she is not. The last type of anxiety that occurs in this novel is realistic anxiety. It is felt by Rachel Watson when she feels frightened to Tom, because Tom will kill her. In this context, Tom is as the real danger from the outer world.

On the other side, this research also analyzes the factor that influences Rachel's anxious feeling. There are two factors that are found by the researcher in this novel. They are (1) cannot be a woman, and (2) losing her loved object.

In addition, to cope Rachel's anxious feeling, she uses some defense mechanisms. She applies six defense mechanisms. They are repression, displacement, fixation, projection, rationalization, and denial. The repression is used by her to forget Tom's rough behavior to her and to image the good memory. In any case, she drinks alcohol as another defense to reduce her anxiety. This defense is called displacement. The third defense mechanism is fixation, caused by traumatic experience. She has preoccupation and attachment with something to conceal the repressed impulse. She applies this defense by taking her daily activity like before and getting a drink.

Later, the fourth is projection. This defense is used by Rachel to accuse Tom as the murderer. Then, the fifth defense mechanism is rationalization. It is used in a way to hide the fact from Cathy and to deceive her true identity to Scott.



Thus, the last defense mechanism is denial. Denial is applied by her for refusing her divorcement and rejecting Saturday night accident.

Finally, this research concludes that not all people can suffer anxiety easily, because anxious feeling happens from many factors. If people have a little problem, it is difficult to their suffering anxious feeling fast. On the contrary, people can suffer anxious feeling if they have many problems in their life. These can be seen by the comparison between Rachel's character and the others. Rachel has many problems in her life so that she suffers anxious feeling easier than others.

#### **4.2 Suggestion**

The researcher realizes if this graduating paper is so far from perfect. There are a lot of mistakes such as human errors, and minimum explanation of Rachel Watson's anxiety and defense mechanism. Thus, the researcher hopes that this graduating paper is capable of being a reference for everyone. The researcher suggests for the next researchers who want to analyze *The Girl on the Train* novel that this novel can be analyzed by using feminism theory, especially in patriarchy issue on Megan's character. This novel can be also analyzed by using semiotic theory to explain the symbols that appears in this novel.

Furthermore, the readers can take a moral message from this research. *The Girl on the Train* novel dominantly talks about the lied. As human being, we know that lied is a bad thing. If we lie once, it will cause another falsehood to hide the first lied. So do not be a liar although it is done in a little thing.

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## APPENDIXES

### The Data of Rachel's Anxiety

No.	Type of Anxiety	Data
1.	Neurotic	I was in a panic by the time I got back to the flat last night. I tried to convince myself that they'd come to see me about my accident with the taxi, but then didn't make sense." (p. 99)
		"Scott opened the door almost before I'd finished knocking, my trembling hand still raised as he appeared in the doorway, looming a head of me, filling the space." (p. 169).
2.	Moral	"I sliced through the top of my finger while chopping the onions. I must have gone to the bathroom to clean it up and gone to lie down for a while and just forgotten all about it, because I woke up around ten and I could hear Cathy and Damien... I apologized without being sure what I was apologizing for." (p. 17)
		"Rachel? Are you all right?" She catches sight of the bottle next to my bed and her shoulder sag. "Oh, Rachel." She comes across to my bed and picks up the bottle. I'm too embarrassed to say anything. "Are you not going into work?" She asks me. "Did you go yesterday?" (p. 216).
		"What are you doing here?" For a long, long moment, I went blank. I looked at the floor, I could feel myself coloring and, realizing it was making it worse, I gave a false laugh and said, "Interview. Interview." ...

		I'd never realized, not until the last year or two of my life, how shaming it is to be pitied. (p. 47 – 48)
		“He thinks I can help him. He is pinning his hopes on me and all I have for him is a lie, a bloody lie.” (p. 274)
3.	Realistic	“Hands trembling, I fail to unlock the keypad once, twice – I get it on the third time ..... I scroll through my call log but can't find her number, so I give up – I'll just dial 999. I'm on the second nine when I feel his foot punch the base of my spin and I go sprawling forward onto the grass, the wind knocked out of me.” (p. 441).

### The Data of Rachel's Defense Mechanism

No.	Type of Defense Mechanism	Data
1.	Repression	<p>“Rachel, will you phone me back?” He doesn’t sound so angry any longer, and my heartbeat slows a little. “I want to make sure you got home all right. You were in some state last night.” A long, heartfelt sigh. “Look, I’m sorry that I yelled last night, that things got a bit ... overheated. I do feel sorry for you, Rachel, I really do, but this has just go to stop.” (p. 64).</p>
		<p>“Something is wrong. For a second, I feel as though I’m falling, as though the bed has disappeared from beneath my body. Last night. Something happened. The breath comes sharply into my lungs and I sit up, too quickly, heart racing, head throbbing.” (p. 59).</p>
		<p>“I bumped it getting into a car.”</p> <p>He examines my head for a good few seconds and then says, “Is that so?” He stands back and looks me in the eye. “It doesn’t look like it. It looks more like someone hit you with something,” he says, and I go cold. I have a memory of ducking down to avoid a blow, raising my hand. Is that a real memory? The doctor approaches again and peers more closely at the wound. “Something sharp, serrated maybe...” (p. 77)</p>
2.	Displacement	<p>“I couldn’t breathe and I couldn’t stop my brain from racing or my skin from itching, so I got to my feet and walked to the corner shop on Titchfield Street and bought four gins and tonics in cans, then went</p>

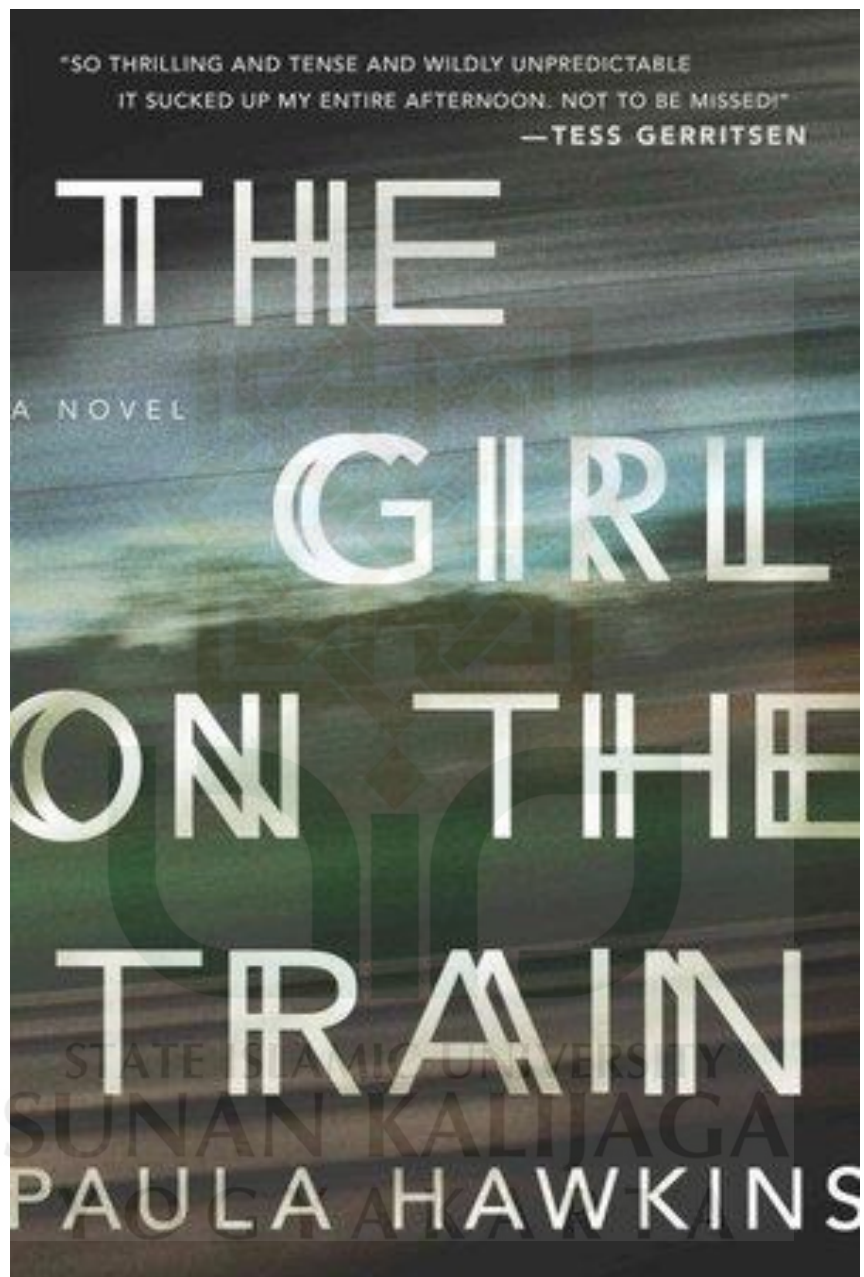


		back to my spot in the park. I opened the first one and drank it as fast as I could, and then opened the second.” (p. 49)
3.	Fixation	<p>“And... your flat mate, she hasn’t noticed that you don’t go to work every day?”</p> <p>“I do. I mean, I don’t go to the office, but I go into London, the way I used to, at the same time and everything, so that she... so that she won’t know.”</p> <p>Riley glanced at Gaskill; he kept his eyes on my face, the hint of a frown between his eyes. (p. 111)</p> <p>“After they’d both gone to bed I remembered that I hadn’t drunk the second bottle, so I opened that.” (Hawkins, 2015: 17)</p> <p>“I couldn’t breathe and I couldn’t stop my brain from racing or my skin from itching, so I got to my feet and walked to the corner shop on Titchfield Street and bought four gin and tonics in cans, then when back to my spot in the park.” (p. 49)</p> <p>“I was a drinker anyway – I’ve always liked to drink. But I did become sadder, and sadness gets boring after a while, for the sad person and for everyone around them. And then I went from being a drinker to being a drunk, and there’s nothing more boring than that.” (p. 118)</p>
4.	Projection	<p>“What progress?” I snapped. “You haven’t made any bloody progress. He killed his wife, I’m telling you. There’s a picture, a photograph of the two of them – it’s smashed. He’s angry, he’s unstable –“(p. 373)</p>
5.	Rationalization	<p>“I should just say it now, she’s already angry with me. I should go after her and tell her: I was sacked</p>

		<p>months ago for turning up blind drunk after a three-hour lunch with a client during with I manage to be so rude and unprofessional that I cost the firm his business.” (p. 216)</p> <p>“I left three months ago. My flat mate – well, she’s my landlady, really – I haven’t told her. I’m trying to find another job. I didn’t want her to know because I thought she would worry about the rent. I have some money. I can pay my rent, but... anyway, I lied to you yesterday about my job and I apologized for that.” (p. 110)</p> <p>“You’re a friend of Megan’s?” He said at last. Hearing her name from his lips brought a lump to my throat. I stared at down at the table, my hands wrapped tightly around the mug.</p> <p>“Yes,” I said. “I know her ... a little. From the gallery.”</p> <p>He looked at me, waiting, expectant. I could see the muscle flex in his jaw as he clenched his teeth. I searched for words that wouldn’t come. I should have prepared better. (p. 172)</p> <p>“I wanted to help you,” I say. “I knew that the police always suspect the husband, and I wanted you to know – to know there was something else...”</p> <p>“So you made up a story about knowing my wife? Do you have any idea how insane you sound?”</p> <p>“I do.” (p. 364)</p>
6.	Denial	<p>“Why haven’t you changed your name?” Riley asked me.</p> <p>“Excuse me?”</p>

	<p>“You still use your husband’s name. Why is that? If a man left me for another woman, I think I’d want to get rid of that name. I certainly wouldn’t want to share my name with my replacement ...”</p> <p>“Well, maybe I’m not that petty.” I am that petty. I hate that she’s Anna Watson.</p> <p>“Right. And the ring – the one on a chain around your neck. Is that your wedding band?” (p. 123)</p>
	<p>“I was in the underpass and he was coming towards me, one slap across the mouth and then his fist raised, keys in his hand, searing pain as the serrated metal smashed down against my skull”. (p. 386)</p>
	<p>“I’d inserted the image of Anna, walking away from me in her blue dress, into another scenario: Tom and a woman getting into a car. Because of course that woman wasn’t wearing a blue dress; she was wearing jeans and red T-shirt. She was Megan.” (p. 400)</p>
	<p>“I’m not really sure what to do, so I just ring the doorbell. I wonder whether I should have called first. It’s not polite to turn up early on a Sunday morning without calling, is it?” (p. 403)</p>

Cover *The Girl on The Train* Novel



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