

**ANXIETY AND DEFENSE MECHANISM OF TRIS AS PORTRAYED IN  
*DIVERGENT* MOVIE**

A GRADUATING PAPER

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



**By:**

**PUTRI ISWANDARI**

**12150038**

STATE ISLAMIC UNIVERSITY  
SUNAN KALIJAGA  
YOGYAKARTA

**ENGLISH DEPARTMENT**

**FACULTY OF ADAB AND CULTURAL SCIENCES**

**STATE ISLAMIC UNIVERSITY SUNAN KALIJAGA**

**YOGYAKARTA**

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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.

Yogyakarta, July 24, 2017

The researcher,



**PUTRI ISWANDARI**

Student No. 12150038

STATE ISLAMIC UNIVERSITY  
**SUNAN KALIJAGA**  
YOGYAKARTA



## PENGESAHAN TUGAS AKHIR

Nomor : B-508/Un.02/DA/PP.00.9/08/2017

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yang dipersiapkan dan disusun oleh:

Nama : PUTRI ISWANDARI  
Nomor Induk Mahasiswa : 12150038  
Telah diujikan pada : Senin, 14 Agustus 2017  
Nilai ujian Tugas Akhir : B

dinyatakan telah diterima oleh Fakultas Adab dan Ilmu Budaya UIN Sunan Kalijaga Yogyakarta

### TIM UJIAN TUGAS AKHIR

Ketua Sidang

Dr. Witriani, S.S. M.Hum.  
NIP. 19720801 200604 2 002

Penguji I

Danial Hidayatullah, SS., M.Hum.  
NIP. 19760405 200901 1 016

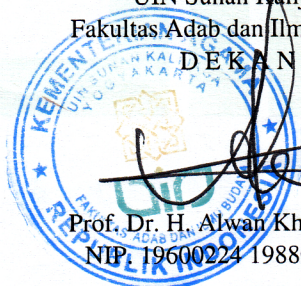
Penguji II

Ulyati Retno Sari, S.S. M.Hum.  
NIP. 19771115 200501 2 002

Yogyakarta, 14 Agustus 2017

UIN Sunan Kalijaga  
Fakultas Adab dan Ilmu Budaya

DEKAN



Prof. Dr. H. Alwan Khoiri, M.A.  
NIP. 19600224 198803 1 001



KEMENTERIAN AGAMA  
UNIVERSITAS ISLAM NEGERI SUNAN KALIJAGA  
FAKULTAS ADAB DAN ILMU BUDAYA

Jl. MarsdaAdisucipto Yogyakarta 55281 Telp./Fak. (0274)513949  
Web : <http://adab.uin-suka.ac.id> E-mail : [adab@uin-suka.ac.id](mailto:adab@uin-suka.ac.id)

NOTA DINAS

Hal : Skripsi  
a.n. Putri Iswandari

Yth.  
Dekan Fakultas Adab dan Ilmu Budaya  
UIN Sunan Kalijaga  
Di Yogyakarta

*Assalamu'alaikum Wr. Wb.*

Setelah memeriksa, meneliti, dan memberikan arahan untuk perbaikan atas skripsi saudara :

Nama : PUTRI ISWANDARI  
NIM : 12150038  
Prodi : Sastra Inggris  
Fakultas : Adab dan Ilmu Budaya  
Judul :

**ANXIETY AND DEFENSE MECHANISM OF TRIS AS PORTRAYED IN  
*DIVERGENT* MOVIE**

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*Wassalamu'alaikum Wr.Wb.*

Yogyakarta, 20 Juli 2017  
Pembimbing,

Dr. Witriani, S.S M.Hum  
NIP. 19720801 200604 2 00

**ANXIETY AND DEFENSE MECHANISM OF TRIS AS PORTRAYED IN  
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By: Putri Iswandari

**ABSTRACT**

*Divergent* is an interesting movie because this film presents new concept story about five factions (social function in society or profession) in the life of human. This concept makes the audience imagining what if the five factions exist in the real world. Besides, it also has many morals value that can be taken. The main character in this movie is a strong woman who wants to against a criminal that wants to ruin and take over the government. This movie presents anxiety experienced by Tris as the main character. Tris is the only person who has 100% of divergent genes. Hence, her life threatened by society around her that consider divergent as a danger. Moreover, *Divergent* got many awards for the female main character. Those are the reasons which make the female main character in *Divergent* movie are interested to be observed. The analysis only focuses on the defense mechanism in female character, Tris, to cope anxiety in her life. This study uses qualitative methods to reveal Tris' anxiety and defense mechanism. This research uses psychoanalysis theory by Sigmund Freud, especially anxiety theory. By following the techniques of analyzing the data, the researcher concludes that Tris experiences two kinds of anxieties: moral anxiety and realistic anxiety. Tris applies three defense mechanisms to cope her anxiety: reaction formation, displacement and sublimation.

***Key words: psychoanalysis, anxiety, defense mechanism, Divergent***

# **ANXIETY AND DEFENSE MECHANISM OF TRIS AS PORTRAYED IN *DIVERGENT* MOVIE**

Oleh: Putri Iswandari

## **ABSTRAK**

*Divergent* adalah sebuah film yang menarik dan menyajikan konsep cerita yang baru tentang adanya lima faksi (fungsi sosial dalam masyarakat atau profesi) dalam kehidupan manusia. Konsep film ini dapat memunculkan imajinasi penonton bilamana kelima faksi tersebut ada di dunia nyata. Selain itu, film ini memiliki banyak nilai-nilai moral yang dapat diambil. Tokoh utama dalam film ini adalah seorang wanita yang ingin melawan seorang criminal yang ingin menghancurkan dan mengambil alih pemerintahan yang ada. Film ini menghadirkan kecemasan yang dialami Tris selaku tokoh utama. Tris adalah satu-satunya orang yang memiliki 100% gen divergent. Maka dari itu, hidupnya terancam oleh masyarakat yang merasa bahwa divergent itu berbahaya. Terlebih lagi film *Divergent* ini mendapat banyak penghargaan untuk karakter utama wanita. Itulah alasan yang membuat karakter utama wanita dalam film *Divergent* menarik untuk diteliti. Analisis ini berfokus pada mekanisme pertahanan Tris untuk mengatasi kecemasan dalam hidupnya. Penelitian ini menggunakan metode kualitatif untuk mengungkapkan kecemasan dan mekanisme pertahanan Tris. Penelitian ini menggunakan teori psikoanalisis oleh Sigmund Freud, khususnya teori kecemasan. Dengan mengikuti teknik analisis data, peneliti menyimpulkan bahwa Tris mengalami dua jenis kecemasan: kecemasan moral dan kecemasan yang realistis. Tris menerapkan tiga mekanisme pertahanan untuk mengatasi kecemasannya: pembentukan reaksi, pemindahan dan sublimasi.

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

MOTTO

***Never regret the reason of laugh***

*Stop waiting, just choose happiness*

**Be your self is the best way to survive**



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## DEDICATION

*This graduating paper is dedicated to:*

*Almamater*

*English Department*

*Faculty of Adab and Cultural Sciences*

*State Islamic University Sunan Kalijaga Yogyakarta*



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Furthermore, I am aware that this graduating paper is not perfect due to my limited knowledge. Hence, I need criticisms and suggestion to make this graduating paper better.

Finally, I hope that this graduating paper can be useful for the readers generally. In addition, I hope that all parties that are not mentioned above get countless rewards from Allah. Hopefully, Allah always given them the easiest way in every good purpose of their life. *Amin.*

*Wassalamu'alaikum wr. wb.*

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The Writer

STATE ISLAMIC UNIVERSITY  
SUNAN KALIJAGA  
YOGYAKARTA

Putri Iswandari

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## CHAPTER I

### INTRODUCTION

#### 1.1 Background of Study

Literature describes about the real life. According to Wellek and Warren, “literature presents the life, and that life is largely made up of social reality, although, literature is also considered as a social phenomenon” (1995: 109). It means that literature tells about the phenomenon happened in society. As commonly being known, there are many kinds of literary works, such as poems, novels, short stories, and so on. In addition, Hornby (1987: 496) said that literature is the writing or the study of books, valued as works of art such as drama, fiction, essay, poetry, biography and movie.

Movie is one of the literary works which tells about life, fantasy and social phenomenon. It is also an important form of art for entertainment and education. As Cettl said, that watching movies feels like past event in today’s world even people see a film for entertainment or a deeper appreciation value (2014: 4). People are interested to movie since it is not only for entertaining but also people can feel many actions played by the actors. People in this modern era can watch movies anytime and anywhere, in the movie theaters, TV programs or online. Cettl said (2014: 5) that DVD/ BLU-RAY/ VOD could make access to the entire spectrum of movie watching an easy activity and perfect for entertainment at home.

One of the most interesting movies in 2014 was *Divergent* movie (2014) because this movie was adapted from the bestseller novel by Veronica Roth, getting a nomination in Blimp Award with the same title. This movie tells about a girl named Beatrice Prior (16) who was born in an Abnegation family. One day she had to take a test to determine what faction she is. Faction is a division of status according to one's own nature. Each faction is equal one another and has only one distinctive social function. The factions consist of five factions namely Candor (law enforcer), Erudite (scientists), Amity (farmer), Dauntless (protector, soldier and police) and Abnegation (public servant). However, Beatrice was shocked to know that she belonged to the divergent. Divergent is a person that has more than one nature inside him or her. The instructor gave a warning to Beatrice if she should keep the results of the test from every people or she would get hurt. If she were caught, she would be killed by society.

Besides, In the middle of faction determination day, Beatrice decided to enter Dauntless faction and wanted to be called as Tris. She tried to pass the test in Dauntless with all her courage although it might threaten her life. She jumped down from the top of the building and she made dangerous acts. She tried hard to defend herself in Dauntless. Unfortunately, she was in the lowest rank. Tris was afraid of expelling from dauntless and became factionless. Factionless is a person who does not belong to anywhere. In the middle of her survival in dauntless, her friend Al wanted to kill her but he was failed. Tris defended herself. Surprisingly, Al's body was found died in another morning. He killed himself because he was ashamed with what have he done to Tris.

In other side, Tris tried hard to survive in the middle of political competition. A notorious person named Jeanine wanted to get rid of the divergent and Abnegation and she considered them as threat of harmonic life. Jeanine wanted her faction to become the biggest faction. Therefore, Tris was worried about her family in Abnegation will be overthrown by Erudite.

Based on the explanation above, the researcher is interested to analyze *Divergent* movie because this movie presents a new concept in the presence of five factions and this concept makes the audience imagining how the five factions exist in the real world. This movie is the only movie that tells the story of keeping the balance and harmony of life by dividing the people's social functions into 5 factions and making the faction above, even the family. Therefore, it makes all people afraid of their own abilities to survive their life and become the determinant of their future. Tris also experiences this.

Thus, the researcher will analyze Tris's character because she is the only girl who is divergent in her country and her life is threatened by society. Beside she is the main character in *Divergent* movie, she also has a lot of fears as the strongest thing in her way to fight for her life. Tris is the only person who has 100% of divergent genes. Hence, her life is threatened by society around her that consider divergent as a danger. This research focuses on Tris' character about her fear. It will be analyzed by using psychoanalysis theory of Sigmund Freud, Tris' anxiety can function as the reflection of human defense mechanism.



## 1.2 Research Questions

Based on the background of study on the preceding discussion, this research aims to answer these problems below:

1. What is kind of anxiety felt by Tris in *Divergent* movie?
2. How does Tris use the defense mechanism to cope her anxiety in *Divergent* movie?

## 1.3 Objectives of Study

The objectives of the study in this research are:

1. To find out the kind of anxiety happened to Tris in *Divergent* movie.
2. To analyze the forms of Tris' defense mechanism used to cope her anxiety in *Divergent* movie.

## 1.4 Significances of Study

This study is aimed to enrich the theoretical bases of psychoanalysis theory especially in the analysis of the anxiety occurred in *Divergent* movie. The writer hopes this research can give valuable inputs for English literature students especially in understanding the anxiety and defense mechanism theory by Sigmund Freud. Practically, it gives consciousness to the society that there are phenomena of anxiety in the life of society. Thus, it can give information about the functions of defense mechanism, especially that often used by women and it can build consideration about strong type of women who can defense themselves from anxiety.

## 1.5 Literature Review

The researcher found two prior researches talking about *Divergent* movie. The first research entitled “Speech Acts of Tris’ Utterances in *Divergent*” by Moh Nurul Huda from State Islamic University in 2017. This research discussed about how Tris uses her utterances to form her illocutionary in *Divergent* movie. He uses speech act theory. The result of this research shows that there are 143 of Tris’ utterances that divided by him into two; 133 of Tris’ utterances based on functions, and 10 of the other utterances based on types. There are five major functions, those are declarations, representatives, expressives, directives, and commissives.

The second research entitled “Social Identity Formation of Tris Prior in *Divergent*” by Fajri Nur Handini from State Islamic University in 2017. This research discussed about social identity in *Divergent* movie. This movie research used social identity theory by Henry Tajfel and Turner. The result of this research is social identity formed as the result of interaction in the society. Individual gets social identity based on the prototype of the self and stereotypes of others.

The last research entitled “A Study Request Used by The Characters in *Divergent* Movie Subtitle” by Yan Jati Rifa’i from IAIN Tulung Agung in 2015. This research discussed about kinds of request strategy used by speakers in conversations occurred in *Divergent* movie and how are the formal patterns of the request strategy as used in the conversations in *Divergent*. This movie research used a qualitative approach. Then, it used speech act theory; request strategy. The

results of this research found that there are 2 types of request strategy: 1) mood derivable, suggestory formulae, obligation statement, mild hints, want statement, mild hints, query preparatory, hedged performative, and explicit performative, 2) in mood derivable strategy found 160 structure applied positive verbal pattern, 6 structure applied negative verbal pattern.

All the researches above have some similarities with this research. They discuss about the same object, it is *Divergent* movie but they used different focuses of theory. The first research used speech act theory, the second research used the social identity theory and the last used speech act theory. This research will be different with those two prior researches because in this research, researcher uses psychoanalysis theory by Sigmund Freud.

### **1.6 Theoretical Approach**

In analyzing Tris' character in *Divergent* movie, the researcher uses psychoanalysis theory by Sigmund Freud, especially anxiety theory as primary theory and film theory as secondary theory. In psychoanalysis theory, Freud said that 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). Here is more explanation about neurotic, moral and realistic anxiety:

#### **1. Neurotic anxiety**

Neurotic anxiety is an anxiety about the things that exist in the shadow of a person because of his previous experience. A person may have a neurotic

anxiety because his or her fear experience and anxiety punished by his or her parents as a child. “Neurotic anxiety is defined as apprehension about an unknown danger. The feeling itself exists in the ego, but it originates from id impulses (Feist, 2008: 34).”

## 2. Moral anxiety

Anxiety is the result of a conflict between the id and superego. According to Feist, Moral anxiety is conflict result between ego and superego. Children establish their superego around 5 or 6, they begin to feel an anxiety as an outgrowth of the conflict between realistic needs and the dictates of their superego (2008: 34). This anxiety is the fear of the individual's own conscience. When people are motivated to express instinctual impulses contrary to moral values, it arises the feel of shame or guilt.

## 3. Realistic anxiety

Realistic anxiety comes from the fear of the dangers threatened in the real world. As cited in Feist (2008: 34): “Realistic anxiety, is closely related to fear. It is defined as an unpleasant, nonspecific feeling involving a possible danger”. This anxiety leads people to think how to face the danger and take an action on it.

Moreover, human also has strategies to face the pressure. Freud said that strategies used by human as a defense mechanism. Here, the principal of defense mechanism includes repression, reaction formation, displacement, fixation, regression, projection, introjection, and sublimation (Feist, 2008: 35).

### 1. Repression

Repression press everything (ideas, instinct, memory, thought) that can cause anxiety to get out of consciousness. Feist said that repression 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 (2008: 35). The purpose of repression is pushing out the id impulses that are not received from consciousness and back into the unconsciousness.

### 2. Reaction Formation

Reaction formation is a form of defense mechanism that carried out the opposite effect as a good reaction. As cited in Feist (2008: 35), “One of the ways in which a repressed impulse may become conscious is through adopting a disguise that is directly opposite its original form”. A woman who loves man, for instance, her love feeling can lead her to feel shy, acts indifferent, do not care, even pretend to hate.

### 3. Displacement

Displacement carried out by transferring to other targets. Freud (2008: 36) said that reaction formations are limited to a single object and people can redirect their unacceptable urges onto a variety of people or objects so that the original impulse is disguised or concealed. For example, a woman who is angry at her

roommate may displace her anger onto her pet cat. These targets are usually safer than the original target.

#### 4. Fixation

Fixation is the cessation of normal development at a certain stage, because the development of the sequel is very difficult, causing frustration and anxiety are too strong. Feist said that when the prospect of taking the next step becomes too anxiety provoking, the ego may resort to the strategy of remaining at the present, more comfortable psychological stage. Therefore, People choose to stop at a certain stage of development and refuse to move forward, because they feel satisfied and safe at that stage.

#### 5. Regression

Regression is a defense mechanism when a person back to a lower level and less mature in adaptation. Regression is a mechanism when a person avoids from the fact that threatening, returned to lower level of development as well as behaving like when he was in the lower level. Feist (2008:36) said if once the libido has passed a developmental stage, it might, during times of stress and anxiety, revert back to that earlier stage.

#### 6. Projection

Projection is an attempt to blame others about their failures, difficulties or desire that is not good. Everyone often face situations or things that are undesirable and unacceptable, and they make any other reason. Feist (2008: 37)

said, “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”. For example, someone is being rude to others and realize that his attitude is not appropriate to do, he will make a reason that his attitude is reasonable to do since the person deserved it.

#### 7. Introjection

Introjection is a defense mechanism when a person enters the positive qualities of others into his own ego. As cited in Feist (2008: 35): “Whereas projection involves placing an unwanted impulse onto an external object, introjection is a defense mechanism whereby people incorporate positive qualities of another person into their own ego”.

#### 8. Sublimation

Sublimation is a defense mechanism to prevent or relieve anxiety by changing id into human behavior that is acceptable and appreciated by society. According to Feist, Sublimation is the repression of the genital aim of Eros by substituting a cultural or social aim. The sublimated aim expressed most obviously in creative cultural accomplishments such as art, music, and literature, but more subtly (2008: 38).

In addition, the researcher also uses film theory to analyze the anxiety of Tris since the researcher analyzes movie. This research uses cinematography as a secondary theory. Cinematography is about distance, angle, depth of fie

ld, and movement of camera. Anything to do with the camera, that is, belongs to the realm of cinematography (Villarejo, 2007: 36). Placement of the camera can be analyzed in terms of the distance between camera and object, which used the human body as a reference point. According to Villarejo, designations of shot are divided into 7 parts.

1. The extreme long shot (ELS), presents a very broad field, the camera takes the object as a whole that the main object looks very small and the backgrounds look very dominant.
2. The long shot (LS), object looks thoroughly from head to foot and the background is still visible.
3. The medium long shot (MLS), object looks from knee to above and it usually used to emphasize the movements of the object.
4. The medium shot (MS), shows the object from the waist upwards.
5. The medium close-up (MCU), shows the object from chest upwards.
6. The close-up (CU), contains the head, neck, and the tops of the shoulders.
7. The extreme close-up (ECU), shows face only (eyes, nose, lips).

### **1.7 Method of Research**

Generally, the methods of research are including some of major components as the following:



### **1.7.1 Types of Research**

This research uses qualitative research as a method. Creswell states that, qualitative research is a method used to explore and understand the human or social cases whether individual or groups, then making interpretation of them (2009: 1). Based on this explanation, this research uses qualitative method, because it explores the psychology of Tris in *Divergent* movie and makes interpretation about her.

### **1.7.2 Data Source**

The main source in this research is *Divergent* movie. It can be in the form of dialogues, descriptions, plot, and events appeared in the movie. The supporting data of this research is derived from literature reviews, books, and websites that support the analysis of this research.

### **1.7.3 Data Collection Technique**

This research uses documentation technique as a method of collecting data. Based on Mogalakwe, “documentation method is technique use to categorize, investigate, interpret, and identify, the limitation of physical sources, most commonly written documents whether in the private or public domain (2006: 1)”. The steps of collecting the data that used by the researcher are:

1. Close read the *Divergent Movie* closely so the researcher is able to identify the theme, characters, and characterizations, setting, plot and information related

to this research. The researcher also read some related websites and books to add the knowledge about the movie.

2. Listing the data in the form of Tris expression and her dialogue which are important and related to the anxiety.

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

The steps that used by the researcher to analyze the data are:

1. Classifying Tris' anxiety based on theoretical classification of neurotic anxiety, moral anxiety and realistic anxiety then gives the context to explain the anxiety.
2. Selecting the internal and external factor that makes Tris feels anxious.
3. Making the list of Tris' defense mechanisms, describing the contexts and interpreting the events.
4. Drawing conclusion.

#### **1.8 Paper Organization**

This research consists of four chapters. First chapter is introduction, it includes the background of study, research questions, objectives of study, significances of study, literary review, theoretical approach, method of research, and paper organization. Second chapter is intrinsic element. The third chapter is the analysis of the anxiety of character Tris in *Divergent Movie* by using Sigmund Freud theory. The last chapter is conclusion and suggestion.

## CHAPTER IV

### CONCLUSION AND SUGGESTION

This chapter provides the conclusion of this research. It is the answer of the research questions presented by the researcher in the first chapter. On the other side, this chapter also provides the suggestion for the next researcher.

#### 4.1 Conclusion

In this research, the researcher found that there are two types of anxiety experienced by Tris' character in *Divergent* movie, they are moral anxiety and realistic anxiety. Moral anxiety in Tris happens once; it is Tris' feeling of guilty when Al, her friend, died. Otherwise, there are four events in *Divergent* movie classified as Tris' realistic anxiety: feeling frightened of society that will catch and kill all existing divergent including her, feeling frightened of being expelled from dauntless faction because her name is down below the red line, feeling worried of her family that would be overthrown by Erudite faction, and feeling frightened of Erudite faction because they smuggled many boxes of mind control serums to Dauntless headquarters in order to create a giant army to overthrow abnegation faction in where her family belong.

Moreover, this research also analyzes the factors that influences Tris' anxious feeling. Thus, there are three factors that are found by the researcher in Tris: losing her loved object, becoming an object of bullied and violence. Then, to cope Tris' anxious feeling, she uses some defense mechanisms. The principal of defense mechanism includes repression, reaction formation, displacement,

fixation, regression, projection, introjection, and sublimation (Freud in Feist 2008: 35). Hence, there are three types of defense mechanisms used by Tris' character in *Divergent* movie. They are (a) Reaction Formation, (b) Sublimation, and (c) Displacement. This study found that Tris' defense mechanism in the form of reaction formation happened in four events; first is by going away and want to be alone when she blames herself of Al's death, then Tris chooses dauntless faction as her faction although she knows that dauntless is a threaten place for her as a divergent, third is by continue the exercises although she has been expelled from the faction, and the last is by keep joining the army although she knows that they are lead to kill abnegation faction where her family belong.

Then, defense mechanism in the form of sublimation happens once it is when she tried to fight her confusion, worried and sadness by practicing in every leisure time she has to pass the next test. While the displacement type of defense mechanism used by Tris is by killing her friend to save her parent.

#### **4.2 Suggestion**

The researcher realizes that this graduating paper is far from perfect. There are a lot of mistakes, from human errors to minimum explanation. The researcher suggests the future researchers who are interested to analyze this movie, they can discuss it by using psychoanalysis theory deeper in order to find neurotic anxiety and another defense mechanism that is not founded by researcher in this research. Furthermore, the readers can take a moral message from this research. Tris is the main character in *Divergent* movie. She has a dream to make a peace in her country. Although she will be killed, she never gives up to survive. As in Islam

said that Allah will give more blessing for all His creatures in this universe. It is stated in Yusuf, verse 87:

يَبْنَیْ اَذْهَبُوا فَتَحَسَّسُوا مِنْ یُوسُفَ وَ اَخِيهِ وَلَا تَاِیَّسُوا مِنْ رَّوْحِ  
 اَللّٰهِ اِنَّهُ لَا یَاِیَّسُ مِنْ رَّوْحِ اَللّٰهِ اِلَّا الْقَوْمُ الْکٰفِرُوْنَ ﴿٨٧﴾

*"O my sons! go ye and enquire about Joseph and his brother, and never give up hope of Allah's Soothing Mercy: truly no one despairs of Allah's Soothing Mercy, except those who have no faith."* (Ali, 2012)

This verse is a motivation to avoid desperation. The verse told human to holds their faith in God to strengthen their feel of optimism, patience in facing test and earnest in finding solutions. Therefore, everyone who is able to takes wisdom on all his problems will be able to accept the destiny of God in his life. In conclusion, a person is not allowed to desperate and should thank to his God because God will always give more blessing.

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## CURICULUM VITAE



Putri Iswandari

Tumpak 022/003, Ngawu, Playen,

Gunungkidul, Yogyakarta

Mobile Phone: +6281-794-22-668

Email: [putriiswandari02@gmail.com](mailto:putriiswandari02@gmail.com)

Place of Birth: Gunungkidul

Date of Birth: 02 Maret 1994

### EDUCATION

2017 : English Literature (Undergraduate Program), Adab and  
Cultural Sciences Faculty State Islamic University  
Sunan Kalijaga Yogyakarta

Degree: S.S

2009 – 2012 : SMK N 1 Wonosari

2006 – 2009 : SMP N 1 Playen

2000 – 2006 : SD N 3 Playen

### SKILLS:

Computer : Good in Ms. Word Office, Excel Office, internet and power point

Language : Good in Indonesian, Javanese and English