

**LILY'S DEFENSE MECHANISM AS SEEN IN THE *AFTER YOU*
NOVEL**

A Graduating Paper

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



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A FINAL PROJECT STATEMENT

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

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Kami menyatakan bahwa skripsi tersebut sudah dapat diajukan pada sidang Munaqasyah untuk memenuhi salah satu syarat memperoleh gelar Sarjana Sastra Inggris. Atas perhatiannya, kami ucapkan terima kasih.

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Lily's Defense Mechanism as It Seen in the Novel *After You*

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After You is a novel that depicts a rebellious act of teenager which followed by some problems. It can be seen in the character Lily. In the novel, Lily is depicted as a character that has so many conflicts such as domestic conflict with her family, conflict with the society, and also conflict with herself. These conflicts affect Lily's characterization and also her behavior. As the result of her conflicts in the novel, she does the bad things because she thinks it can solve her problem. Lily's bad behaviors are caused by the negative feeling or emotion which called as anxiety. Lily's bad behaviors and anxieties can be analyzed by using defense mechanism theory. This research is qualitative research. The researcher uses the theory of Defense Mechanism by Sigmund Freud to analyze the problem by finding the causal relation of the problem itself. Here, Lily's anxieties are the causes of defense mechanism and Lily's behaviors are seen as the practices of the defense mechanism, meanwhile characterization changing is seen as the effect of defense mechanism. The result of this research is to prove how the anxieties cause the defense mechanisms and affect someone's characterization.

Keywords: *story, character, round, characterizations, anxiety, qualitative, defense mechanism theory.*

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Lily's Defense Mechanism as It Seen in the Novel *After You*

By: M.Beni Setiawan

After You adalah sebuah novel yang menggambarkan sebuah masa yang dinamakan pemberontakan remaja yang biasanya diikuti oleh beberapa konflik yang mana dapat dilihat pada karakter Lily. Lily digambarkan sebagai seorang karakter yang memiliki banyak konflik seperti konflik domestik, konflik sosial, dan konflik dengan dirinya sendiri. Konflik-konflik yang terjadi ini mempengaruhi sifat dan tingkah laku Lily. Konflik ini menyebabkan Lily berperilaku buruk karena dia pikir perilaku buruknya dapat menyelesaikan permasalahannya. Perilaku buruk Lily disebabkan oleh perasaan dan emosi negatif Lily atau yang biasa disebut kecemasan. Perilaku buruk dan kecemasan Lily ini dapat dianalisis menggunakan teori *defense mechanism*. Penelitian ini menggunakan metode kualitatif. Peneliti menggunakan teori *defense mechanism* dari Sigmund Freud untuk menganalisis permasalahan tersebut dengan mencari hubungan sebab akibat dari permasalahan itu sendiri. Dalam penelitian ini kecemasan Lily dilihat sebagai sebab dari *defense mechanism* atau mekanisme pertahanan diri dan perilaku buruknya dilihat sebagai bentuk dari mekanisme pertahanan diri itu sendiri, sementara itu perubahan sifat dilihat sebagai akibatnya. Hasil dari penelitian ini adalah untuk membuktikan bagaimana kecemasan seseorang menyebabkan mekanisme pertahanan diri atau *defense mechanism* dan mempengaruhi sifat seseorang.

Kata kunci: cerita, karakter, sifat, kecemasan, kualitatif, mekanisme pertahanan diri, teori defense mechanism.

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MOTTO

Great Things are the Series of Small Things Brought
Together

-Vincent Van Gogh



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DEDICATION

I dedicate my work for my beloved parents, my brothers and sisters, and also all of my friends.



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Finally, I realize that there are many errors in the writing of this paper. Because of that, I really hope and allow all of the readers to give any suggestion to improve this paper.

Yogyakarta, February 21st 2018

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CHAPTER I

INTRODUCTION

1.1 Background of Study

Literature is often said to be timeless, and it can make the people easier to understand and learn how the culture, life, and phenomenon develop from time to time. Matthew Arnold also said that the essential thing that literature has in teaching us is because it was already familiar in antiquity, and we see it repeated time and again over the age (cited in Bartens, 2001: 1).

Literature has several kinds of works, such as prose, play, and poetry. There is one of literary works that depicts the story through words as well, and it is prose. The interesting part found in prose is because it is an inclusive term for this entire course, spoken or written, which has no patterns in the line of metric, verse, or free verse (Abrams, 2009: 288). The depiction of story makes the reader has fully control of what the story will be that is also based on the reader's imagination, and it is why the researcher takes prose as the object of study.

One of popular examples in prose is novels. There are two kinds of novels based on the style of writing, fiction novels and non-fiction novels. One of the fiction novels that has many devotees is *After You* written by Jojo Moyes, and it is also the second sequel of *Me before You* that was also popular, from its novel in 2012 and movie in 2012. *After You* tells about a mother and daughter's relationship that was not related

by blood. In the novel, Louisa as a mother and Lily as a daughter really had unique relation between them, and it was because actually Lily still had a biological mother. Lily and her real mother did not have good relationship because her mother hid the truth about Lily's biological father. Then, Lily asked Louisa to help her, as her father's ex-girlfriend, found out the truth about her father. While she was searching for her father, she became an unstable person because she experienced something bad in her life like rejection from her own family. This bad experience happened to Lily and influenced her characters and behaviors.

Lily as one of main roles in this novel has a personality trait that is easily changed. It becomes the reason why the researcher chooses her as the object in this study. She was depicted as a person that likes drinking, smoking, going out to night clubs. She has characters that mostly change from the beginning to the ending of the story. At the beginning she became a messy girl that liked to smoke or to get drunk. She did it every time she got something bad in her life. She had many problems while she was searching for her family. She did it also because she wanted to forget and run away from her problems. She did it because she wanted to achieve her aims even though she knew that it was bad for her and unacceptable by the people surrounded her, and it is the internal factor why her characters change. Moreover, because she thinks that it can solve her problems, she still kept doing her bad behaviors.

The case above is one of the examples of a rebellion, and a phenomenon of teenagers' rebellion is interesting to be analyzed because the rebellious actions can be seen as one phase of human life. Human experiences some transition phases in his or her life. The transition phase of a child becomes an adult is followed by some problems, and one of those problems is the rebellious action shown by teenagers. Pickhardt in 2013 stated that there is a transition phase when a child grows up into an adult. This phase consists of four kinds of the rebellion phase.

The first phase is a rebellion happened in the early adolescence started from the age of 9 to 13. In this phase, the rebellion happens because the parents' thought is different from the children's thought. The rebellion is not against them, it is only acted out against them. The second phase is started from the age of 13 to 15 years old. This phase is called rebellion in mid-adolescence which occurred during the late middle school years, and most rebellion here is about creating the needed differentiation to experiment the identity and needed opposition to gather power of self-determination. Then, the third phase is rebellion in late adolescence started from the age of 15 to 18. Many high school rebellions seen as a result of delayed adolescence, the young dramatically rebelling at last to liberate himself or herself from childhood dependency on parental approval for being a good child. The last is rebellion in trial independence started from the age of

18 to 23. This rebellion happens because they do not want their parents to decide what they will be. They decide to be what they want to be.

The phenomenon of rebellion can be seen in the novel through the character of Lily. Lily's rebellion is the result of her domestic conflict which is the conflict between her and her parents. As stated previously, it can be inferred that Lily's bad behaviors are related to anxiety and defense mechanism. According to Freud, "Anxiety is feeling of fear and dread without an obvious cause" (59), and he also stated that "Defense Mechanism is an effort done to defend against anxiety" (59). Anxiety can be viewed as the cause of Lily's behaviors and defense mechanism. Her bad behavior can be seen as the result of her anxiety, and it shows the reasons why Lily did bad deeds and the causal relation of Lily's behavior. It also related to teenagers' rebellion that becomes the recent phenomenon, and it can be seen as one of the effects of Lily's anxiety. Thus, this phenomenon can be analyzed using defense mechanism theory.

The concept about anxiety that changes the characters has also been mentioned in Al-Qur'an. The characters change because the anxiety that people desire cannot be achieved, but it is not the excuse for someone to behave badly. It has been written in the Al-Quran Surah Al-Baqarah: 216:

كُتِبَ عَلَيْكُمُ الْقِتَالُ وَهُوَ كُرْهُ لَكُمْ وَعَسَىٰ أَن تَكْرَهُوا شَيْئًا وَهُوَ
 خَيْرٌ لَّكُمْ وَعَسَىٰ أَن تُحِبُّوا شَيْئًا وَهُوَ شَرٌّ لَّكُمْ وَاللَّهُ يَعْلَمُ وَأَنْتُمْ لَا
 تَعْلَمُونَ ﴿٢١٦﴾

“Fighting has been enjoined upon you while it is hateful to you. But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah Knows, while you know not” (2:216).

This verse explains that people must always struggle for their lives because what they get or where they are now is the best for them. That is why people must not stop striving, and Allah always knows and listens to them and gives them the best in the right time and in the right place. This verse also becomes one of the verses that relates to the rebellion done by Lily that actually people must not be sad because actually Allah will always stand by them.

1.2 Research Question

Based on the background of study above, there are some research questions proposed below.

1. How can Lily’s defense mechanisms be explained?
2. What are the cause and effect of Defense Mechanism?

1.3 Objective of Study

The objective of study designed for this research is to analyze the changing characterization that is caused by the anxiety and to analyze how the character in the novel overcomes the anxiety itself using the

defense mechanism. The researcher uses defense mechanism theory proposed by Sigmund Freud to analyze the study.

1.4 Significance of Study

The significance of study in this research is to be one of the studies that can be used as the further information and the study of changing characterization that relates to someone's personality and anxiety. Moreover, this research can explain teenagers' rebellion that becomes one of the phenomena that happens in society as it seen in the novel.

1.5 Literature Review

After looking some reviews up in many sources, the researcher could not find any researchers related to *After You* novel. This might be because *After You* novel was firstly released in 2015, so there has not been published research about this novel. This research will be the first study to deploy *After You* novel as the object. Furthermore, to support this research, the researcher found there are three literature reviews using and applying defense mechanism of psychoanalysis theory.

The first is the research written by Setyorini Kholidi, a student of State Islamic University of Sunan Kalijaga (2009). Her research entitled "*Anxiety and Defense Mechanism of George Milton in Pursuing the Dream as Portrayed in John Steinbeck of Mice and Men*" shows and explains the anxiety of George Milton in pursuing his dream or his aim.

She deployed the theory of defense mechanism, and defense mechanism is used by George Milton to overcome his anxiety.

The second is the research written by M.Miftahul Jannah who is also the student of State Islamic University Sunan Kalijaga (2012). Her research entitled "*Anxiety and Defense Mechanism on Alan Turing in the Imitation Game Movie*" tells about the factors and forms of Alan's anxiety that was also one of the characters in the movie. This research applies the theory of defense mechanism to explain the anxiety of the character. The theory explains the application of defense mechanism used to overcome the anxiety.

The third is the research written by Wahyu Ismono, a student of State Islamic University Sunan Kalijaga (2009). The research entitled "*Anxiety and Defense Mechanism of Bethany Hamilton in Pursuing Her Dream as Portrayed in Soul Surfer Movie*" uses the theory of defense mechanism to explain the problems. The researcher explains the types of anxiety, and he applies the defense mechanism proposed by Bethany Hamilton.

However, the object and the subject of this research are different from three researches above. These literature reviews are used by the researcher as the references because those literature reviews apply the same theory as this research. This research is different from those researches because this research more focuses on the changing characterization in both sides; the cause and the effect to the character.

1.6 Theoretical Approach

This research uses psychoanalysis theory that was firstly introduced by Sigmund Freud. Psychoanalysis is the dynamic form of psychology. According to Freud, "Psychology in literature is the procedures of the analysis and therapy of neuroses for the development and practices in the history of civilization, including welfare, mythology, and religion as well as literature and other arts" (as cited in Abrams, 2009: 290). Psychology in literature relates to the way of minds works which is unconscious and influenced by the external factor such as civilization or social phenomenon. Psychoanalysis itself is related to id, superego, and ego. "Id is the natural or biological desires that are unconscious, superego is social standard or the rules in society, and ego is desires which have been influenced," (Abrams, 2009: 291). The researcher uses Defense Mechanism theory included the theory of anxiety to analyze the problem.

1.6.1 Anxiety

The definition of anxiety is coined by Bion as 'a premonition of emotion', which highlights that anxiety is connected to an emotional experience that is likely to be experienced imminently (Emanuel, 2000).

It can be concluded that anxiety is the emotional experience about the possibilities that could happen, and it is followed by fear. Anxiety relates to an intimidating or tormenting feeling associated with the fear of being harshly judged (Emanuel, 2000). In this context, the anxiety is also seen as the sign of defense mechanism. There are three anxieties that

are found: neurotic anxiety, reality anxiety and moral anxiety. These anxieties relate to id, ego and superego. As stated in Abrams, id (which incorporates libidinal or other desire), superego (the internalization of social standard of morality and propriety), and ego (which tries as best it can to negotiate the conflict between the insatiable demands of the id, the impossibly stringent requirements of superego, and limited the possibilities of reality) (2009 : 291). In other words, Id is natural desire that is biologically or genetically exist, ego is the mechanism to fulfill the id, and superego is social standard or rules in society.

1.6.1.1 Neurotic Anxiety

Neurotic anxiety relates to someone's childhood. Children are often punished for overtly expressing sexual or aggressive impulses (Freud, 59). It also means that the basis of this anxiety is the Id since Id exists biologically. When Id cannot be filled, it causes anxiety which is called as neurotic anxiety.

1.6.1.2 Reality Anxiety

Reality anxiety is an objective anxiety. It is a fear of tangible danger in the real world (Freud, 60). This anxiety is followed by the possibilities of the real danger based on the people's thought. In this case, ego has some fears about the possibilities that might happen and be considered as the danger.

1.6.1.3 Moral anxiety

Moral anxiety happens because of the conflict between the Id and superego (Freud, 60). The superego limits the Id, and it turns to be a problem. This superego causes the feeling of guilt or shame arises from inside, and it is called as the moral anxiety.

1.6.2. Defense Mechanism

The focus of the theory used in this research is defense mechanism. According to Freud, "Defense mechanism is part of normal everyday functioning. Used within limits, defenses aid us to manage stress, disappointment, and strong negative emotions" (Freud, 1961). Defense mechanism is used to overcome the anxiety. According to Freud "there are 8 defense mechanisms, such as denial, repression, projection, regression, sublimation, reaction formation, displacement, and rationalization," (Freud, 61).

1.6.2.1 Denial

Denial is denying the anxiety by refusing the reality (Freud, 62).

Denying the anxiety can be done by forgetting or hiding the anxiety. The practice of denial is usually something bad and negative, for example is drunk.

1.6.2.2 Repression

Repression is removing the consciousness (Freud, 62). Doing repression make someone try to repress or to remove the anxiety from the consciousness. In this case, someone who tries to lose his/her bad memories from mind needs a help from a psychiatrist.

1.6.2.3 Projection

Projection is a condition when someone shows the anxiety to someone else. It happens because there is an acceptance of the anxiety itself. Someone will express or show the anxiety in way less threatening to a certain object or individual (Freud, 62).

1.6.2.4 Regression

Regression is doing or showing the childhood behavior (Freud, 62). Regression means that someone brings back the childhood memory by doing the childhood behavior and being childish to overcome the anxiety.

1.6.2.5 Sublimation

Sublimation is doing constructive behavior rather than destructive behavior in aim to overcome the anxiety (Freud, 62). Someone tries to do something constructive or something more acceptable by the society to make someone feels better and deals with the anxiety itself.

1.6.2.6 Reaction Formation

Reaction formation is reversing the anxiety to its opposite (Freud, 62). This is the common defense mechanism that is used by most people. Someone will express the anxiety to its opposite in aim to not to show the anxiety itself to someone else.

1.6.2.7 Displacement

Displacement is releasing the anxiety to another object (Freud, 62). The anxiety sometimes cannot be expressed directly, and it needs another object to be the target to release the anxiety.

1.6.2.8 Rationalization

Rationalization is making another assumption to make self better (Freud, 62). It happens to change the reality and to deal with the anxiety in order to make someone feel better.

1.7 Method of Research

1.7.1 Type of Research

This is a qualitative research which is designed to reveal the target audience's range of behavior and perceptions that drive it with reference to specific issues; its result is descriptive rather than predictive (www.qrca.com:2018).

1.7.2 Data Sources

There are main data and supporting data deployed in this research. The main data in this research is the text taken from the novel. The supporting data are the data that support the main data found from certain websites to help the explanation of the analysis in this research. These data are collected from internet with certain websites.

1.7.3 Data Collection Technique

Documentation is the data collection technique that is used in this research. The researcher reads the novel repeatedly to know the story of the novel whether the plot, the character and the setting of the story. Then the researcher makes a table which consists of the text whether it is dialogue or monologue taken from the novel that shows defense mechanisms of Lily's character. The data were collected by making a data table using Microsoft Excel. After collecting the data, the researcher also found another supporting data taken from another book and certain websites.

1.7.4 Data Analysis Technique

First, the researcher collects the data based on the novel. The data used in this research is text. The analysis starts with data reduction and data presentation and draw a conclusion. Data reduction is the process of selecting the data and categorizing the data. The researcher collects the data from the novel and categorized them to make the analysis simpler and more efficient. The data category is based on the variable of the

problems analyzed in this research. The unit data of this research are explained by the variable and category of the data. The variables of this research are denial, regression, sublimation, projection, repression, rationalization and reaction formation. The category of the data is the signs that lead to the variable itself, which is the anxiety. These data are used to analyze Lily's defense mechanisms. The analysis was done by finding and explaining the relation between the data that is not mentioned with the relevant data in order to know the causal relation of the data. Afterward, the researcher makes a conclusion from the analysis of the data.

1.8. Paper Organization

There are four chapters in this research. The first chapter is the introduction. It consists of background of study, research questions, objective of study, significance of study, literature review, theoretical approach, method of research, and paper organization. The second chapter is the intrinsic elements of the novel *After You* that consists of theme, characters and characterizations, setting, plot, and point of view. The third chapter is the analysis. The last chapter is the conclusion and suggestion of the research.

CHAPTER IV CONCLUSION AND SUGGESTION

4.1. Conclusion

The researcher draws the conclusion based on the theory of defense mechanism by Sigmund Freud who said that defense mechanism is actions or behaviors that occur as the response of negative feeling or emotion, which is anxiety. Lily's bad behaviors are caused by her anxieties. It happens because she thinks that bad behaviors can solve her problems. The researcher applies the theory of defense mechanism to analyze the problem.

There are three types of anxiety according to Freud, and they are reality anxiety, moral anxiety, and neurotic anxiety. The absence of father figure is the neurotic anxiety, jealousy is reality anxiety, and the feeling of being disliked is moral anxiety. These anxieties are the causes of Lily's defense mechanisms.

Defense mechanisms found by the researcher are denial, regression, projection, sublimation and compensation, reaction formation and rationalization. Defense Mechanisms overcome the anxieties by releasing or expressing the anxieties into a certain action or behavior depends on Lily's anxiety. Here is the following explanation.

Effect	Cause		
	Neurotic Anxiety	Reality Anxiety	Moral Anxiety
Self-Denial	✓	✓	✓
Projection	-	✓	-
Regression	✓	-	-
Sublimation and Compensation	✓	✓	✓
Reaction Formation	-	✓	-
Rationalization	-	✓	-

From the table above it shows that Lily's defense mechanism can be caused by some anxieties, which also means some anxieties can be solved by one defense mechanism. It happens randomly based on the characterization of a Lily herself. Here is the following explanation.

1. Lily uses self-denial to overcome neurotic, reality and moral anxiety. Lily's self-denial are bad behaviors such getting drunk and smoking. These are done by Lily in order to reject the anxieties.

2. Lily uses projection to overcome reality anxiety by releasing the anxiety itself to another object. This is done by Lily by shouting at people and being closed to people.
3. Lily uses regression to overcome neurotic anxiety by bringing back the childhood memory. This is done by Lily by doing childish behavior.
4. Lily uses sublimation and compensation to overcome neurotic, reality, and moral anxiety by doing something good. In this case, Lily tries to help Louisa by making her a beautiful garden in the rooftop.
5. Lily uses reaction formation to overcome reality anxiety by reversing the anxiety itself. This is done by Lily by pretending to be fine all the time.
6. Lily uses rationalization to overcome reality anxiety by making another alibi to change the reality and making her feels better. In this case, Lily blames Louisa to find justification for herself.

From the conclusion above, it is proved how defense mechanism influences someone's behavior, and it causes characterization changing. The researcher concludes that anxieties are the cause of defense mechanisms, and the effect of defense mechanisms is characterization changing which can be seen in Lily's behaviors.

4.2. Suggestion

The researcher has done the analysis by using psychoanalysis theory, which focuses on defense mechanism theory. Although this novel is potential to be an object of literary research because there are so many aspects that are interesting to become the object of research, such as the setting, the plot, or even the character of Louisa. The researcher suggests for the next researcher to be able applying another theory to analyze this novel and the researcher is able to dig something more about this novel.

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