

**PORTRAYAL OF ANXIETY AND DEFENSE MECHANISM OF HALA IN *HALA***

**(2019)**

**A GRADUATING PAPER**

Submitted in Partial Fulfillment of the Requirement 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 content of this thesis. Other writer's opinions or findings in the thesis are quoted or cited in accordance with ethical standards.

Yogyakarta, May 29<sup>th</sup> 2023

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Atas perhatiannya, kami ucapkan terima kasih

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# PORTRAYAL OF ANXIETY AND DEFENSE MECHANISM OF HALA IN

## *HALA* (2019) FILM

By. Arum Sekar Retno Palupi

### ABSTRACT

The purpose of this study is to analyze Hala's character's anxiety and defense mechanism. Hala is a film depicting the day-to-day activities of a teenage girl named Hala. While she tries to face her family and relationship issues, Hala experienced three anxieties and they will be coped with defense mechanism. In this study, the author employs Sigmund Freud's psychoanalysis theory to examine Hala's psychology. This study is aimed to identify the type and factors of anxiety and to explain the defense mechanism as a strategy to handle it. This study uses descriptive qualitative method. For collecting the data, this study uses observation and documentation technique. The results of this study are that there are two types of Hala's anxiety: neurotic anxiety and realistic anxiety. Hala uses four types of defense mechanism—displacement, rationalization, denial, and sublimation to handle her anxiety.

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

# **PENGGAMBARAN KECEMASAN DAN MEKANISME PERTAHANAN**

## **HALA DALAM FILM *HALA***

**Oleh Arum Sekar Retno Palupi**

### **ABSTRAK**

Penelitian ini bertujuan untuk menggambarkan kecemasan dan mekanisme pertahanan oleh karakter Hala. Film *Hala* adalah film yang menceritakan tentang kehidupan sehari-hari remaja bernama Hala. Ketika menghadapi masalah-masalah keluarga dan hubungan romantisnya, Hala mengalami kecemasan yang akan dia hadapi dengan mekanisme pertahanan diri. Dalam penelitian ini, penulis meneliti sisi psikologi dari Hala dengan menggunakan teori psikoanalisis Sigmund Freud. Penelitian ini bertujuan untuk mendeskripsikan jenis dan factor penyebab kecemasan serta menjelaskan mekanisme pertahanan sebagai strategi untuk menghadapi kecemasannya. Penelitian ini menggunakan metode kualitatif deskriptif. Dalam mengumpulkan data, penelitian ini menggunakan teknik observasi dan dokumentasi. Hasil dari penelitian ini adalah terdapat dua kecemasan Hala: kecemasan neurotis dan kecemasan realistis. Dalam mengatasi kecemasan, Hala menggunakan empat bentuk pertahanan diri, yaitu perpindahan, rasionalisasi, penolakan dan sublimasi.

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

**MOTTO**

“To Love oneself is the beginning of a lifelong romance.”

**-Oscar Wilde-**



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## **DEDICATION**

I dedicate this paper to:

My beloved parents and younger brother

And myself



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Lastly, I realized that this paper far from perfect because of the limitation in my knowledge. Therefore, I humbly expect critics and suggestions to improve this graduating paper.

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Yogyakarta, 27 May 2023

The researcher

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## CHAPTER I

### INTRODUCTION

#### 1.1. Background of the study

Anxiety is a feeling of unease, worry or fear that everyone can experience at some point in their life. People sometimes start to feel anxious when they sense something unclear or threatening that will happen in the future. According to Springer Hall, anxiety is a painful emotion produced from excitation inside the human's organs (Hall, 1954:39). The excitations, which are controlled by the autonomic nervous, can result in increased heart rate, faster breathing, and sweaty palms. Another definition of anxiety is mentioned by Emanuel, "anxiety is connected to an emotional experience that is likely to be experienced imminently, and emphasizes the unknown nature of it" (2000:6). On the other hand, Melanie Klein also mentioned that anxiety can be the main motivation that promotes development, although excessive anxiety can have the opposite effect as well (as cited in Emanuel, 2000:22). As defined above, anxiety is the emotion which is produced by the nervous and may be the motivation to survive a problem because the anxiety itself might be a problem if the emotion is overwhelming and unmanageable.

In psychology, to cope with anxiety, people sometimes forced to use defense mechanism. According to Freud, defense mechanism is when the ego handles the threat and danger and produce anxiety. Ego may adopt the realistic problem-solving method to handle the danger, or reduce the anxiety with denying methods, falsifying, or reality distort which obstruct personal



development (Hall, 1954:57). Anxiety and defense mechanism are emotions and actions that not only exist in real life, but also portrayed in many forms, such as in film, novel, social media, and others. Film, as one of popular literature, usually represents the reality of certain environment or certain case.

In this research, the researcher uses one of the main characters in *Hala* film as an object of the study. *Hala* is a film launched in 2019, and directed by Minhal Baig. It tells about a Muslim teenager named Hala, which needed to cope with the unraveling in her family when she also searched for her identity. This film also tells how Hala tries to balance between her desire, family, and religious obligations.

The researcher chooses this film as the main object of study because there are few things that caught attention. First, this film contains Islamic social environment—such as Hala's family and her parents' community. Second, this film also mentions some issues that common in the Islamic society such as: strict rules regarding the opposite gender's association, and marriage talks that happened early. Third, Hala as a main character developing anxiety when she faces the problems that arise.

As the main character in this film, Hala rarely speaks about what she thinks and what she wants. However, at some point, Hala needs to face the anxiousness growing after she admit her affectionate feelings toward her classmate, and finds out about her father's affair that start to shake her family. She also takes some actions as defense mechanism to cope with her anxiousness and worry.

Based on the narrative above, the researcher found that anxiety of Hala is the problem in this film. According to Freud, Anxiety is a dread caused from the repressed feelings, desires, and experiences that show to the surface of awareness. There are also 3 types of anxiety such as realistic/objectives anxiety, neurotic anxiety, and moral anxiety. In this case, Hala's anxieties come from her relationship with her classmate and her family issue. In Hala's matter, anxiety has a strong influence and even becomes unmanageable, and it leads to Hala's runaway to her teacher's house. Furthermore, Hala's anxieties also force her to use defense mechanism to cope with her anxieties. A defense mechanism is used to reduce her anxieties.

In this research, the researcher analyzes the psychological aspect of Hala using the psychoanalysis theory by Sigmund Freud in *Hala* film. The researcher focuses on Hala's anxieties in her present life. However, the researcher also tries to explore the defense mechanism used by Hala to reduce her anxiety with the same theory.

## **1.2. Research Questions**

From the statement above, the researcher formulates the research questions:

What is the factor of Hala's anxiety, and how does Hala apply the defense mechanism to cope his anxiety?

## **1.3.Objectives of the Study**

Based on the research question above, the aims of this study are to;

1. To find the factor and form of Hala's anxiety
2. To find and analyze Hala's defense mechanism in the film

#### **1.4. Significance of Study**

The significance of this study is to find out how the anxiety and defense mechanism presented in film by the Sigmund Freud Psychoanalysis theory. This research is also aimed to add the knowledge about the psychological matters especially anxiety and defense mechanism to the viewers.

#### **1.5. Literature Review**

The researcher finds there were also some other researches that analyzed this film. The researcher also finds some research paper using the same psychoanalysis theory of anxiety and defense mechanism.

The first one is a graduating paper written by Arif Mustofa from English Department Sunan Kalijaga State Islamic University and published on 2018. The research titled "*Goldmund Anxiety and Defense Mechanism in Herman Hesse's Novel Narcissus and Goldmund*" discussed about the character named Goldmund that suffering from anxiety caused by losing his mother's affections, and the defense mechanism Goldmund uses to reduce his anxiety. The researcher uses the psychoanalysis by Sigmund Freud.

The other one is the thesis paper written by One Ivonda Riawandono from English Department, Faculty of arts and humanities, State Islamic University of Sunan Ampel Surabaya and published on August 2018. The thesis entitled

*“Anxiety and Defense Mechanism of Anne Frank as Depicted in Diary of A Young Girl”* discussed the types and factors of Anne Frank’s anxiety and explained the defense mechanism as a strategy to reduce her anxiety. The research used theory of Psychoanalysis by Sigmund Freud. The conclusion was Anne suffered all the type of anxiety and used four method of defense mechanism.

The next thesis was written by Novi Anggraini from English Letters Department, Letters and Humanities Faculty, State Islamic University Syarif Hidayatullah Jakarta and published on 2010. The thesis entitled *“An Anxiety and Defense Mechanism on The Main Character of The Machinist film”* discussed about main character’s personality moves from equilibrium to disequilibrium condition after he got to hit and run accident. The research used Sigmund Freud Psychoanalysis theory to analyze the moral anxiety of the main character and developed into insomnia, paranoid, and posttrauma disorder.

The Fourth thesis was written by Atun Farkhatun from English Department of State Islamic University Sunan Kalijaga and published on 2017. The research entitled *“Anxiety and Defense Mechanism of Rachel Watson in Paula Hawkins’ Novel, The Girl on The Train”*, discussed about Rachel whose always felt guilty, panic, afraid, and worry who tried to overcome them by becoming drunken woman. The research used Sigmund Freud’s psychoanalysis theory and concluded that Rachel suffered all kind of anxiety and used six types of defense mechanism to cope her anxiety.

The Fifth one is the graduating paper written by Hafid Ansori from English Department of State Islamic University Sunan Kalijaga and published on 2020. The research entitled “*Portrayal of Immigrant Muslim Teenager As Seen in Hala (2019)*” discussed about the internal problems of immigrant Muslim teenager named Hala. The research uses representation theory by Stuart Hall and *mise-en-scene* theory by Roy Thompson and Christopher J. Bowen. The research concludes that Hala is an unobservant Muslim for being reluctant to Islamic law.

The sixth thesis belonged to Purnama Hanan Murod from State Islamic University of Raden Intan Lampung and was published in 2021 entitled “*A Semiotic Analysis of Hala Movie*”. This study discussed the semiotic signs in the movie expressed by Hala. The research which used Pierre’s sign theory and Saussure’s theory concluded that there were many signs found based its types including iconic sign.

The last paper was written by Jovanka Salsabilla from State Islamic University of Sunan Kalijaga and published in 2022. The research entitled “*Language Style Used by The Main Character in Hala: A Sociolinguistic Study*” was analyzed with Martin Joss’ language style theory and used qualitative descriptive method. This research concluded that the main character used different language styles and some factors influenced her to speak with different language style.

The researches above have similarities with this research. Some researchers used Freud’s anxiety and defense mechanism on different subject of

research while the other ones analyzed the linguistic study of *Hala* film. The difference of this research with those above is that this research uses anxiety and defense mechanism theory to analyze the psychological aspect of the main character.

## **1.6.Theoretical Approach**

In this research, the researcher uses the Psychoanalysis theory by Sigmund Freud as the main theory and the Film theory as supporting one to analyze the problems.

### **1.6.1. Theory of Psychoanalysis**

This research uses Psychoanalysis theory. In Freud psychoanalysis, there are three main cores that support the personality development; Id, Ego, and Superego.

According to Freud, the first core; *Id* is the main component in the human's personality. It is the only component that exist since birth, containing energy and instinct that come from unconsciousness. Id usually desires to fulfill everything it needed and ignores consequences so they are forbidden in the social convention. Id is the part of personality which cannot be accessed and unclear (Hall, 1954: 16). The second core is ego. Ego is the core which responsible to handle the reality. According to Freud, ego comes from Id to ensure that Id's instinct can be proceed and accepted in social convenient. The third core is superego, the moral and the ideas of personality. Superego is responsible to determine Id's desire and instinct, making decisions between

right or wrong. Superego is also the core that produces the guilty feeling when the Id opposes the superego.

### **1.6.2. Anxiety and Defense Mechanism**

According to Springer Hall, anxiety is a painful emotion produced from excitation inside the human's organs (Hall, 1954:39). These excitations, controlled by the autonomic nervous, can result in increased heart rate, faster breathing, and sweaty palms. Anxiety gives a danger signal to ego, and when the signal is shown in the consciousness, the ego may institute measures to deal with the danger.

Melanie Klein also mentioned that anxiety can be the main motivation that promotes development although excessive anxiety can have the opposite effect as well (as cited in Emanuel, 2000:22). Anxiety is the emotion which is produced by the nervous and may be the motivation to survive a problem because the anxiety itself might be a problem if the emotion is overwhelming and unmanageable.

There are three types of anxiety; reality anxiety, neurotic anxiety, and moral anxiety. According to Hall, reality anxiety is the fear of the danger in the external world. It is the fear of the environment that threatens the sufferer. Neurotic anxiety is the fear coming from the out of control instinct and causing someone to do something with punished risks. Moral anxiety is the fear of sufferer's conscience or the guilty feeling from ego. It is the fear when the sufferer do something contrary from their well-development conscience (Hall,

1954:41-45). In the issue of anxiety, the sufferer often uses defense mechanism to cope or reduce their feeling of guilt or fear.

According to Freud, defense mechanism appears when the ego handles the threat and danger and produces anxiety. Ego may adopt the realistic problem-solving method to handle the danger or reduce the anxiety with denying methods, falsifying, or reality distort which obstruct personal development (Hall, 1954:57). There are kinds of defense mechanism; repression, denial, Isolation, Displacement, Projection, Reaction formation, Regression, Rationalization, Sublimation.

Repression is the most basic defense mechanism. When Id, ego, or superego feel the signal of danger or being threatened, it protects itself by repressing the feeling which causing anxiety. The sufferer may repress the feeling of fear and forces themselves to think positively (Boeree, 2006:8). Denial is the defense mechanism which involves blocking external event from awareness. Sometimes, if situation is too much to handle, the person just refuses to experience it. This mechanism is a bit dangerous because no one could disregard reality and get away from it for too long (Boeree, 2006:7). Isolation is the defense mechanism which involves stripping the emotion from a difficult memory or threatening impulse (Boeree, 2006: 9). Displacement is the kind of defense mechanism to cope the anxiety with moving the threat or danger into the safer object. If the impulse is okay but the person may be too threatening, the sufferer may displace to someone or something that can be the symbolic substitute (Boerre, 2006: 9). Projection is when the impulse causing anxiety is



spilled to someone else. It involves the tendency to see your own unacceptable desires in other people (Boeree, 2006:9). Reaction formation is the synonym of “believing the opposite” (Anna Freud), that is changing an unacceptable impulse into its opposite (Boeree, 2006:10). Regression is a movement back when someone is faced with stress. When the sufferer senses the threat or danger, his behavior often becomes childish or primitive. For the examples, when a teenager giggles awkwardly when being introduced to the opposite sex or a kid sucked their thumb because they go to the hospital (Boeree, 2006:11). Rationalization is the mechanism when the sufferer tends to try explaining their emotion for a good reason. It is the cognitive to make the danger or event became less threatening (Boeree, 2006:11). Sublimation is the transforming unacceptable behavior into socially acceptable or even productive form. For example someone who likes fighting becomes the karate trainer (Boeree, 2006:12).

As explained above, the researcher uses the Sigmund Freud Psychoanalysis theory of anxiety to analyze what types of anxiety the main character’s suffer, and the defense mechanism theory to analyze the main character uses to cope with her anxiety.

### **1.6.3. Film Theory**

Besides the Psychoanalysis theory, the researcher also uses the film theory as the supporting theory to analyze the scene of the film. The researcher uses *mise-en-scene* and cinematography methods to collecting the data. According to Villarejo, *mise-en-scene* means “put into the scene” and it is the world of film

because film represents its own reality (2007: 28). There are six components in the *mise-en-scene*; setting (set and props), lighting, costume, hair, make up, and figure behavior.

The second method is cinematography. Cinematography is the framing technique including and combining the images or scene until it creates ideas and story (Villarejo, 2007:36). The framing techniques in cinematography are:

1. Extreme Long Shot (ELS): in which one barely can distinguish the human figure.
2. Long Shot (LS): in which human distinguishable but being dwarfed by the background
3. Medium Long Shot(MLS): in which when the human framed from the knees up
4. Medium Shot (MS): in which the camera move slightly to the human's waist up
5. Medium close-up (MCU): in which when the camera slightly closer and see the human's face from the chest up
6. Close-up (CU): in which the camera only frame one portion (face, mostly)
7. Extreme close-up (ECU): When the camera shoots the mere portion of the humans face (eyes, or mouth). (Villarejo, 2007: 38).

## 1.7. Method of Research

In this section, the researcher wants to explain the type of research, data sources, data collection technique, and data analysis technique.

### **1.7.1. Type of Research**

In this research, the researcher uses descriptive qualitative research. According to Creswell, qualitative method is exploring and having deeper understanding towards group or individuals ascribe to social or human problems (2009:4). Sugiyono explained that qualitative method used to find the data with deeper meaning (2013:9 This method of research aimed to explain; the form and the cause of Hala's anxiety, and the defense mechanism she used to reduce her anxiousness. By using qualitative method, the researcher interprets and discovers the problems in the *Hala* film.

### **1.7.2. Data Sources**

The primary source of the data in this research is the *Hala* film. The elements of the film such as dialogues or utterances, scenes, events, and story are also included. The secondary sources are the data from the journals, articles, books, and website related to the issue.

### **1.7.3. Data Collection Technique**

In this research, the researcher performed the observation and documentation technique for the data collection. According to Marshall (as cited in Sugiyono) researcher learn about behavior and its meaning through observation (2013: 226). Meanwhile documentation is the supporting technique to strengthen the results from observation (2013: 240). When collecting the data, the researcher should watch and understand the elements and plot in the

film, and then make notes of the dialogue and scenes that related to the actions of anxiety and defense mechanism. The researcher also uses references which is relevant with the research questions such as books and journals. When the data are already collected, the researcher selects the ones which have relation with the research question. The researcher also collects the data that support this research such as film theory, articles, and other. After that, the researcher analyzes the data based the Psychoanalysis theory to answer the research question of this study.

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

After collecting the data, the researcher analyzed them to complete the research. The researcher analyzes the data by using descriptive analysis in order to get the comprehensive meaning. There are some steps of the researcher in analyzing the data. Firstly, the researcher collects the data such as dialogues, events or scenes that related with research question. Then, the researcher analyzes the data by using *mise-en-scene* and cinematography method method to get deeper understanding of the event and scene. The second step is to analyze the data collections that indicate the problem of the main character's using Sigmund Freud's psychoanalysis anxiety and defense mechanism theory.

#### **1.8. Paper Organization**

This research paper is divided into four chapters. The first chapter is the Introduction which contains the general information of the research such as background of the study, research question, objective of the study, significances

of the study, literature review, theoretical approach, method of research and paper organization. The second chapter consist of the elements of the *Hala* film. The third chapter is the discussion about the research, and the last one is the conclusion of this research.



## CHAPTER IV

### CONCLUSION AND SUGGESTION

This chapter is the conclusion of the research. The conclusion refers to the answer of the research question that have been represented by the researcher in the first chapter. In this chapter, the researcher also gives some suggestion for the next researcher who intends to analyze the *Hala* film as a main data of research.

#### 4.1. Conclusion

From the discussion chapter, the researcher found two forms of anxiety Hala, the main subject of this research. The first anxiety is realistic anxiety that arises because of her family rules and the view of the community around her that forbid a woman to hang out with man. Her fear of her father saw her in the diner also part of the cause for her realistic anxiety. The second one is neurotic anxiety that comes from her neurotic awareness. Her neurotic anxiety arises because she felt pressured with her family issues and also her romantic relationship issues. She felt burdened, and worry about the future of her family especially Eram's condition after her father's affair. Another factor for her neurotic anxiety is her relationship with Jesse. She was anxious if her parents know about Jesse and their relationship. The last factor is when her parents tried to set her up with their friend's son. She was anxious and scared because she didn't want to marry the person she doesn't love. There is no moral anxiety in *Hala* film because Hala doesn't think that she did wrong after what she did with Jesse.

The anxiety in Hala also creates the defense mechanism to protect herself. Defense mechanism in Hala character is displacement, rationalization, denial, and sublimation. First, the displacement leads Hala to have intercourse attempt with Jesse because she didn't want to be home and faced with all the issues in her family. Hala then break up with him after Zahid found out about their relationship, rather than talk and compromise with Jesse and her parents. Hala also come to Shannon house to talk about the affair. She prefers talk to Shannon because she felt Shannon is easier to talk than Zahid. Second, the rationalization has her speak incorrect reasons to explain her relationship with Jesse, her reasoning for come home late, and also tell incorrect truth to Lawrence about her bruise. Third, denial leads her to avoid talking about her family issues to Jesse, her reasoning for come home late, and also tell incorrect truth to Lawrence about her bruise. Third, denial leads her to avoid talking about the affair to Jesse, or her parents. Even she said that if she was in Eram's place, she rather choose not know about her husband's affair. Fourth, sublimation has her to do some positive activity such as praying and writing poem. Hala prays because Hala wanted to release the burden and anxiety according to her religion. She also writes poem to displace her affectionate feeling toward Jesse, because she was aware with her parents rule.

#### **4.2. Suggestion**

The researcher realized that this research is far from perfect, and there are many things that can be analyzed more detail both the object and the theory. There are many human errors and shortcomings in explanation of Hala's anxiety and defense mechanism. Thus, the researcher hopes that this study is able to be a

reference for everyone who has the same object and theory analysis. The researcher suggests that for the next researcher who conduct the similar research, are expected to use this study as additional reference with problems from different perspective.





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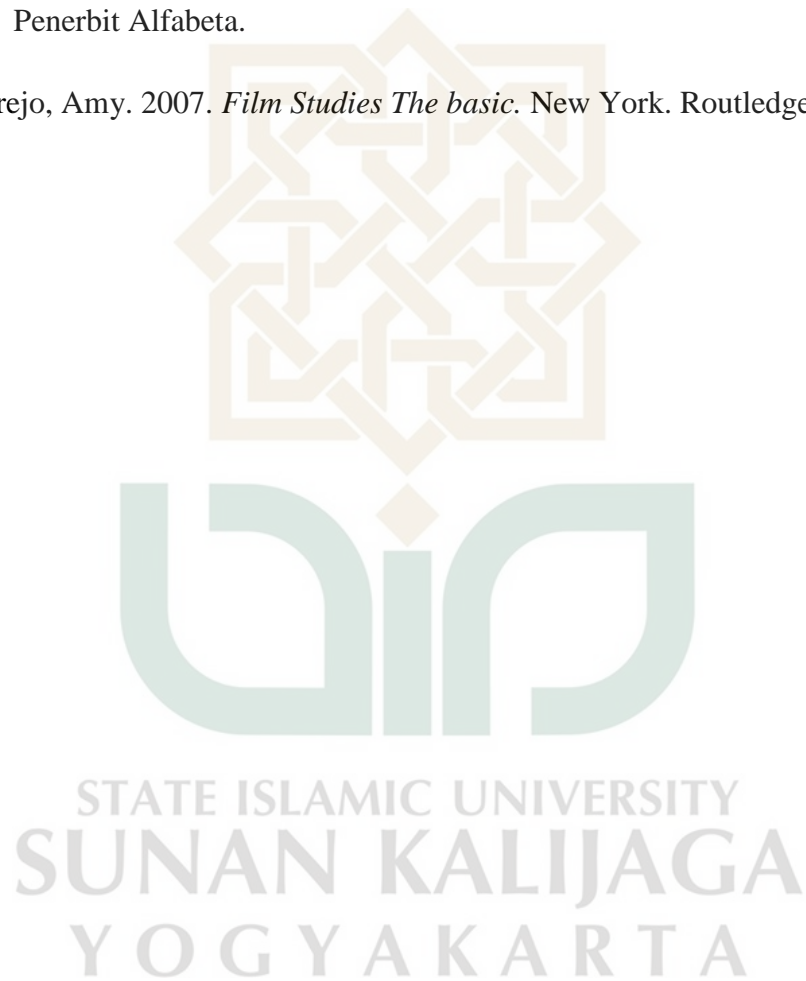
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