

**ANXIETY AND DEFENSE MECHANISM OF GEORGE MILTON IN  
PURSUING THE DREAM AS PORTRAYED IN JOHN STEINBECK'S *OF  
MICE AND MEN***

**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 graduating paper is definitely my own work. I am completely responsible for the content of this graduating paper, other writer's opinion of findings include in the graduating paper are quoted or cited in accordance with ethical standards.

Yogyakarta, 15 July 2013



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## NOTA DINAS

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### *Assalamualaikum Wr. Wb*

Setelah Membaca, meneliti, memberikan petunjuk dan mengoreksi serta mengadakan perbaikan seperlunya, maka kami selaku pembimbing berpendapat bahwa skripsi mahasiswa yang bernama:

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The Writer

Setyorini Kholidi

# MOTTO

*I have a dream*

*I believe and make it happens*

*Dedicated with honor, love and affection:*

- *The Students of English Department  
of State Islamic University Sunan  
Kalijaga*
- *The Alumnus of English Department  
Chapter 2009*
- *My Beloved Parents (Sarini, S.Pd.I  
& Kalidi)*
- *My Young Brother (Irfani Latif)*
  - *My Beloved one*

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## ABSTRACT

*Of Mice and Men* is a novel tells about a friendship between George and Lennie who have the opposite characters. They travel together to look for a job in the difficult situation at that time. George feels anxious about his job. He always loses his job because Lennie's mental disability. Hence, George tries to stay on the ranch in order to pursue his dream. Both of them portray the workers who live during the Great Depression of the 1930s in America. This novel depicts a tragedy within human's life. A portrayal of the anxiety and the defense mechanism are revealed through one of the two main characters in this novel. George's character strengthens the idea of Sigmund Freud that is the anxiety and the defense mechanism, revealed in this work.

The method used is qualitative research, especially library research. Firstly, the writer reads *Of Mice and Men* as the main data in this research in order to find the main problem. Secondly, the writer selects the data that related to the topic. Next, the writer applies psychonalysis theory especially theory of anxiety, which is related to the idea of the anxiety and the defense mechanism proposed by Sigmund Freud. Finally, the writer draws the conclusion.

The analysis of data leads to the conclusion that through this story, George experiences two kinds of anxiety; realistic anxiety and moral anxiety. George suffers from the realistic anxiety because of Lennie's character and the difficult situation around him. He also gets the moral anxiety because of his responsibility of Aunt Clara to take care of Lennie. George tries to deal with these anxieties by doing some defense mechanisms. George uses three defense mechanisms, they are; repression, rationalization, and fixation. In repression, George tries to reduce his anxiety with his dream and imagination, the change of his mind, his demand, and his extreme action. In rationalization, George's anxiety leads him to give a promise to Lennie and to hide the fact from the boss. Last, George uses fixation as the defense mechanism by playing solitaire card and getting a drink. In fact, these ways do not help him to solve George's problem and to pursue his dream. All of his defense mechanisms only give the extend time and also to be a survival strategy for him in order to stay on the ranch. Although he can stay at his job, George knows that he fails to make his dream comes true because of Lennie's death. As a result, this fact causes his anxiety to his future.

Keywords: anxiety, defense mechanism, psychoanalysis

## INTISARI

*Of Mice and Men* adalah novel yang menceritakan tentang persahabatan antara dua orang migran, George dan Lennie, yang mempunyai karakter yang berlawanan. Mereka bersama-sama menempuh perjalanan untuk mencari pekerjaan. George merasa cemas karena Lennie selalu membuat dia kehilangan pekerjaannya. Oleh karena itu, George berusaha mempertahankan pekerjaannya ketika dia mendapat pekerjaan di peternakan. Hal itu dilakukannya agar George dapat mewujudkan impiannya di masa depan. Kedua karakter tersebut menggambarkan para pekerja yang hidup di era Great Depression. Novel tersebut juga menggambarkan tragedi dalam kehidupan manusia. Gambaran kecemasan dan mekanisme pertahanan diri terungkap melalui salah satu dari tokoh utama. Karakter George memperkuat ide Sigmund Freud, yakni kecemasan dan mekanisme pertahanan diri, yang terungkap dalam karya ini.

Metode yang digunakan dalam penelitian ini adalah kualitatif khususnya penelitian pustaka. Pertama, penulis membaca novel *Of Mice and Men* sebagai sumber data utama di dalam penelitian untuk menemukan permasalahan pokok di dalam novel tersebut. Kedua, penulis menyeleksi data yang berhubungan dengan topik yang ingin dibahas. Selanjutnya, penulis mengaplikasikan teori psikoanalisis terutama teori anxiety oleh Sigmund Freud yang berhubungan dengan anxiety dan mekanisme pertahanan diri. Terakhir, penulis menyusun kesimpulan.

Dari analisa data yang terkumpul dapat disimpulkan bahwa George mengalami dua macam kecemasan yaitu kecemasan realistik dan kecemasan moral. Kecemasan realistiknya disebabkan oleh karakter Lennie dan kondisi sekitarnya yang kurang mendukung. Selain itu, George juga mengalami kecemasan moral yang disebabkan oleh tanggung jawabnya kepada Aunt Clara untuk merawat Lennie sehingga dia berusaha untuk mengatasi kecemasannya dengan melakukan beberapa mekanisme pertahanan diri seperti; represi, rasionalisasi, dan fiksasi. Pertama, represi ditunjukkan oleh George dalam bentuk impian atau imajinasi, perubahan pemikiran, pemberian perintah dan tindakan yang tidak terduga. Kedua, bentuk dari rasionalisasi juga terlihat ketika George memberi janji kepada Lennie dan George berusaha untuk menutupi Lennie karakter dari bosnya. Terakhir, bentuk dari fiksasi dari George terlihat ketika dia bermain kartu seorang diri dan menjadi seorang peminum. Sebenarnya, mekanisme pertahanan diri tidak dapat membantunya menyelesaikan permasalahan dan menggapai mimpinya. George hanya menggunakan cara ini agar dia mempunyai waktu lebih untuk tetap tinggal di peternakan sekaligus sebagai strategi untuk mempertahankan pekerjaannya. Padahal, George tahu bahwa mimpinya tidak akan tercapai meskipun dia tetap mendapatkan pekerjaan karena dia membutuhkan Lennie untuk mewujudkan impiannya. Maka dari itu, George tetap merasa cemas terhadap masa depannya.

Kata Kunci: kecemasan, mekanisme pertahanan diri, psikoanalisis

## CHAPTER I

### INTRODUCTION

#### A. Background of Study

The word “literature” derives from the Latin word *litteraturae* means ‘writings’. Literature is the fictional and imaginative writings including philosophy, history, and even scientific works that are especially distinguished in form, expression, and emotional power addressed to a general audience. The kinds of literature are poetry, prose fiction, and drama. (Abrams 177-178)

One of fictional prose is novel. Etimologically, novel is derived from the Itallian word *novello* means ‘a small new thing. Terminologically, novel is a popular genre, its audience is not esoteric and peculiarly learned, but a representative section of society. It is like an epic that has a certain mass to qualify for the title and also has some characters, great complication of plot, and concentrates modes. The novel frequently offers a decision, the portrayal of society and focuses on such issues as inheriting property and getting married. (Mikics 209-210)

Based on the definitions above, as one of the best known American authors in twentieth century, Steinbeck uses his novel to portray the condition of workers during the Great Depression in America in 1930s. This theme is represented in his works, *Grapes of Wrath* and *Of Mice and Men*. *Of Mice and Men* is one of the Steinbeck’s famous novels that tells the story of a friendship

between two migrant workers. It is also a tragic tale that has an interesting story but the ending is so sentimental. (Bradley 1400)

This novel is unique because the story tells about mutual relationship of two migrant workers who have opposite characters in Great Depression. Actually, the migrant workers are lonely persons and do not need friend. But, George and Lennie are different from the other migrant workers because they need each other instead.

In addition, this is also successful both in printed book and movie because the story represents history of America especially Great Depression and American Dream because all of the characters in this story have dreams to make their future better. This reason also makes this novel as a reference in America's school and the movie is quite popular since it has been produced for three times in 1939, 1981 and 1992. (Botkin 9)

*Of Mice and Men* tells about George Milton, a migrant farm worker, who comes from North to South to look for a new job in California ranch. Previously, he always loses the job in North because his friend who travels together with him in looking for a job always gets into trouble. Hence, George feels anxious and attempts to keep his new job on the ranch by doing some ways.

Therefore, his anxiety also causes him create the dreams to make his life better than before. He wants to have his own land and to be a boss in the future. He believes that the dream will come true, if he stays at in his job. Actually, he feels anxious about his job on the ranch but he tries to conceal his anxiety by still

staying at his job. Eventhough he gets oppression from the boss' son. However, in the end of this story, when he feels more anxious about his job, he kills his friend in order to stay on the ranch.

From the story above, the writer finds that anxiety and defense mechanism become the main problems in this novel. Anxiety is caused by the previous experience and oppression in a job. The impact of anxiety forces someone to do a defense like concealing or confronting it. In addition, as usual, someone who has a dream will prefer to confront his or her anxiety in order to pursue the dream. In relation to anxiety, Minderop also stated,

Anxiety is the situation which threats man's safety and it influences to man's condition. The anxiety is also caused by conflict, oppression, and frustration of man which gets obstacles when man tries to pursuit her dream. In addition, the anxiety is not only physical but also psychology. As usual, this condition is portrayed as uncomfortable feeling like afraid, fear or unhappy. (28)

Anxiety relates to defense mechanism because someone who feels anxious will reduce his or her anxiety by using the defense mechanism. Defense mechanism is various tehniques that are used by the ego to control his anxiety. People usually use defense mechanism to cope with his anxiety but they do it unconsciously. (Berger 2004)

In this research, the writer focuses on the anxiety of George's previous experience about his present life and the defense mechanism that is used to reduce

his anxiety. It is interesting to take the anxiety and defense mechanism as the topic at the research because the both problems cannot be separated. This topic is not only experienced by the main character in this novel but also by persons in the world especially the workers. In addition, persons surely have ever felt anxious in their lives but the factors that cause their anxiety are surely different from one another. So, they also use different defense mechanisms to cope with their anxiety.

**B. Problem Statements**

1. What are the factors of anxiety in George Milton character?
2. How does George Milton apply the defense mechanisms to cope with his anxiety?

**C. Objectives of Study**

This research primarily analyzes about the causal factors of George Milton's anxiety. It is also to identify and to analyze the forms of defense mechanisms used by George Milton, the main character of the novel, to cope with his anxiety in *Of Mice and Men*.

**D. Scope of Study**

This research focuses on the analysis of George Milton's anxiety and how he uses the defense mechanism to cope with it. George is one of the main characters in the novel *Of Mice and Men* who is a representation of the workers in the Great Depression. George is going to be analyzed, without ignoring the other characters who take part in the novel.

#### E. **Significances of Study**

This research divides the significance into two: theoretical and practical. Theoretically, this research is to give a contribution in literary field, particularly as a reference and additional input in discussing psychoanalysis in a novel. It can be used as an appropriate reference in conducting the further research with similar topic by using psychoanalytic theory especially the theory of anxiety. This research gives more references about the condition of workers during Great Depression. It provides an opinion that agrees with the fact that one of the main character in this novel is really proven anxious about the future or not.

Practically, this research can be used to understand the content of the work *Of Mice and Men*. As represented in the novel *Of Mice and Men*, it also can be used to teach about the history of Americans especially the condition of workers during the Great Depression in 1930s. Besides, the kind of anxiety and defense mechanism asserted in this analysis give some examples about doing defense mechanism to reduce anxiety in daily life.

#### F. **Prior Research**

There are many prior researches about *Of Mice and Men* but the writer only uses three of them. Prior researches present some related studies from the other students on the same work or same topic. The first related study is a graduating paper entitled “The Influence of the Setting on George and Lennie’s Friendship in Steinbeck’s *Of Mice and Men*” written by Stefanus Giro Aristiyanto (2004) Sanata Dharma University. It describes about the setting of this novel that

takes place in Soledad, a place near Salinas River in California, during the Great Depression. In conclusion, this research states that the setting influences the characters in many ways, especially to friendship of the main characters.

The second related study is graduating paper entitled “The Significant Value Friendship Reflected in Steinbeck’s *Of Mice and Men*” written by Ari Handayani (2002) Sanata Dharma University. It tells about George and Lennie who have the same motivation to build a relationship. They need one another to fulfill their psychological needs including food and place. In conclusion, this research shows that Lennie’s motivation to stay with George is because his safety need. On the other hand, George’s motivation to stay with Lennie is done to his self esteem need. In addition, it is concluded that four values of friendships found. They are value of family, value of harmony, value of acceptance, and value of religiosity.

The last related study is graduating paper entitled “The Significance of the Title *Of Mice and Men* towards the Understanding of Steinbeck’s *Of Mice and Men*” written by Yohana Gratiana (1998) Sanata Dharma University. It tells about the missing word of the title that represents the theme of the novel. The word *mice* represents Lennie and the other characters also. The word *men* represents George. In addition, this paper also clarifies the functions of the title of the novel that is thematic, either rhematic or not and connotative title.

Different from the prior researches above, the analysis of this research is focused on George Milton’s anxiety in pursuing the dream as portrayed in John



Steinbeck's *Of Mice and Men* by using Freud's Psychoanalytic theory especially the theory of anxiety. After that, the writer will analyze the causal factor that causes George's anxiety so that he uses the defense mechanism to reduce it .

#### G. **Theoretical Approach**

In analyzing the novel, the writer uses mimetic approach and applies the psychoanalysis theory, especially the anxiety theory by Sigmund Freud. The theory will be used to analyze the anxiety which appears in George Milton who is the main character in the work *Of Mice and Men*.

Mimetic criticism views the literary work as an imitation, reflection, or representation of the world and human life, and the primary criterion applied to a work is the "truth" and "adequacy" of its representation to the matter that it represents, or should represent. (Abrams 62-63)

The word imitation has two functions in literary criticism. The first function is to define the nature of literature and the other arts. The second is to indicate the relation of the one literary work to another literary work which served as its model. (Abrams 78)

This research belongs to mimetic approach because the writer thinks that *Of Mice and Men* represents the social condition in the Great Depression. In addition, the writer also analyzes about George Milton's anxiety to portray the anxiety of the migrant worker at 1930s. Hence, mimetic approach is appropriate used in this research.

In the psychoanalysis theory, the personality development is influenced by three cores. The first core is *id* that contains the libido or sexual energy and the instinct that come from the unconsciousness. These desires that usually ignore the consequences so that they are forbidden by the social convention. The second core is *ego*, the part of the consciousness. The *ego* becomes the decision maker in personality because it experiences the outerworld through the sense. So that, the *ego* usually causes the conflict between the *id* and the *superego*. The last is *superego*, the moral and the ideas aspect of personality. The *superego* is the core that determines the *id*'s desire and also produces the feeling of guilt when the *id* is opposed to *superego*. (Tyson 25) These cores of personality also relate to anxiety because the *ego* usually feels anxious when there are the conflict in the personality. As a result, Freud also elaborates the anxiety in his theory.

Firstly, the theory of anxiety is undertaken by Freud in 1920. After that, he writes the book entitled *Inhibitions, Symptoms and Anxiety* in 1926. At first, Freud states that repression produced anxiety. But, he changes his perspective and argues that anxiety produced repression. Besides, he adds that anxiety is a signal of danger ahead, whether appropriate or inappropriate, realistic or neurotic. It occurs because the ego is issuing a warning that there is some traumatic situation that will need to be coped with (Gay 773).

Anxiety is always characterized by a feeling of helplessness, a disjunctive force. This is due to the fact that the danger is within, and its nature is not known since the original threat was deal with repression and further and often the anxiety

rises out of a conflict of a defense system, which cannot be resolved by simple means (Ashc 104).

Besides, there are three types of anxiety, they are; neurotic anxiety, moral anxiety, and realistic anxiety.

1. Neurotic anxiety

Neurotic anxiety is defined as apprehension about an unknown danger. In neurotic anxiety, the *ego* depends on *id* because it can only produce anxiety. (Freud 34)

2. Moral anxiety

In moral anxiety, the *ego* depends on *superego*. So, the dependence of *ego* causes a conflict between *ego* and *superego* that can produce anxiety. It is about the conflict between realistic needs and the dictates of their *superego* after children establish a *superego*. (Freud 34)

3. Realistic anxiety

The *ego* depends on the outer world in neurotic anxiety. The outer world leads the *ego* to realistic anxiety. Realistic anxiety is closely related to fear. But, they are different. In fear, the object is specific. However, in realistic anxiety, the object does not involve a specific object. It is only an unpleasant feeling involving possible danger. (Freud 34)

From the beginning of this theory, anxiety is always related to defense mechanisms because it is needed to cope with it. Here, some of defense mechanisms are:

#### 1. Repression

In repression, the *ego* is threatened by the undesirable impulses and it also tries to protect itself by repressing those impulses. The *ego* forces those impulses into unconsciousness or changes them into consciousness in an unaltered form. In this case, someone will feel more anxious because he or she cannot handle it. In addition, the *ego* also expresses repression in disguised forms. In this condition, someone usually dreams as an outlet of his/her repression. (Boeree 40)

#### 2. Rationalization

This defense mechanism occurs when the *ego* experiences anxiety. The *ego* tries to overcome this feeling by putting the best reason unconsciously in order to fulfill the *superego*'s demand and reduce its anxiety. (Ibid 48)

#### 3. Reaction Formation

Reaction formation is a defense mechanism that causes the repressed impulse becomes conscious by concealing its original form and doing the opposite from it. Reactive behavior can be identified by its exaggerated character and by its obsessive and compulsive form. (Boeree 45)

#### 4. Displacement

Displacement is similar with reaction formation. In displacement, someone experiences repressed feeling can redirect his/her unacceptable and he or she will find the way to conceal the original impulse by displacing it in a variety of people or objects. Actually displacement is similar with reaction formation. In displacement, there are more objects that are used to conceal the original impulse but just limits in one object in reaction formation to conceal his original impulse. (Ibid 43)

#### 5. Fixation

This defense mechanism is generally caused by the traumatic experience so someone who feels anxious will have preoccupation or attachment like smoking, to something to conceal the repressed impulse. (Freud 36)

#### 6. Regression

This defense mechanism forces the *ego* to deal with its anxiety by returning to an earlier stage in life development when confronted by a stressful or anxiety provoking situation. Regressive behavior is similar to fixated behavior in that it is rigid and infantile. However, regressions are usually temporary, whereas fixations demand a more or less permanent releasing of psychic energy. (Boeree 48)

#### 7. Projection

The *ego* reduces the anxiety by attributing the unwanted impulse to an external object, usually another person, when an internal impulse provokes too

much anxiety. This is the defense mechanism of projection, which can be defined as seeing in others unacceptable feelings that actually reside in one's own unconscious. (Ibid 44)

#### 8. Introjection

In this defense mechanism, the ego reduces the anxiety by adopting positive quality of other people like mannerisms, values, or beliefs. People incorporate characteristics that they see as valuable and that will permit them to feel better about themselves. (Ibid 46)

#### 9. Sublimation

This defense mechanism shows that the ego reduces its anxiety by expressing this feeling into most obvious in creative cultural accomplishments such as art, music, and literature. Freud believes that sublimation helps both the individual and the social group because creative cultural is part of all human relationships. (Ibid 49)

In this research, the writer only emphasizes on realistic anxiety because it relates to the outer world. Eventhough these three kinds of anxiety have the same discussion about the previous experience. Actually, *Of Mice and Men* also tells about the previous experience of the main character. But, it portrays more about the anxiety which is caused by the outer world. The writer also tries to elaborate the defense mechanisms that are used by the main character and the causal factor as well.

## H. Method of Research

### a) Type of Research.

This is library research. Here, the writer uses novel as the main source data. The writer works through many of books and other references like articles, journals, and websites in doing this research to support the topic. As a result, library research is appropriate because the writer actually needs these to do this research.

### b) Sources of Data

In this research, the writer uses two resources of data, the main data and supporting data. The main data is the work *Of Mice and Men* and the supporting data are the books that related to the novel, historical background of the Great Depression in America and and also psychoanalysis theory.

### c) Method of Collecting Data

This research uses documentation method. This method is firstly, close reading the work *Of Mice and Men* and also reading the other references that tell about social condition of America at 1930s. After that, finding the main problem in this novel that relates with social condition at the time. In addition, the writer also visits library to find the books and more data about the theory of anxiety by Sigmund Freud and how to apply this theory in literary work especially a novel. The writer also searches more data about *Of Mice and Men* and the anxiety theory in internet.

d) Method of Analyzing Data

To analyze data, firstly the writer selects the texts that deal with George's anxiety and his defense mechanism. After that, applying the theory of anxiety in the selected texts. Finally, inferring the entire discussion to certain conclusion about the factors that cause George using the defense mechanisms to cope with his anxiety in *Of Mice and Men*.

### **1.8. Thesis Organization**

This research consists of four chapters. Chapter one is introduction. It consists of background of study, problem statements, objectives of study, scope of study, significances of study, prior researches, theoretical approach, method of research, and thesis organization. Chapter two discusses about bibliography of the author and the intrinsic elements of this novel such as; plot, setting, character and characterization and the social condition in Great Depression. Chapter three discusses about George's anxiety and the defense mechanisms that are used to cope with his anxiety in *Of Mice and Men* and also the factors that cause George Milton to use the defense mechanisms to cope with his anxiety in *Of Mice and Man*. The last chapter is conclusion.



## CHAPTER IV

### CONCLUSION AND SUGGESTION

#### A. Conclusion

The main character of *Of Mice and Men*, George Milton uses the defense mechanism to reduce his anxiety. There are two sorts of anxiety that George suffers from: moral anxiety and realistic anxiety. George's moral anxiety arises because of his moral awareness. Whereas, his realistic anxiety comes from the society around him. It is obviously seen that George uses defense mechanisms to overcome his anxiety. Defense mechanisms ease his life, especially the difficult situation.

George suffers from moral anxiety since the *ego* is opposed to *superego*. The *superego* keeps his promise to Aunt Clara to take care of his friend. However, George breaks his promise because he kills Lennie in order to stay at his job and to save Lennie from Curley's lynching. This situation makes him feel anxious and guilty. George also suffers from realistic anxiety. It comes from the external factor that is the society around him. George loses the job in Weed and he wants to stay on California ranch in order to pursue his dream. However, he always faces some problems on the ranch because of Lennie's character. This factor causes George feels anxious about his job and his future.

From a number of defense mechanisms, George Milton only uses three of them, they are repression, rationalization and fixation. These three defense mechanisms are used by George to reduce his anxiety. In repression, George

Milton pushes all undesirable feelings into unconsciousness. These feelings are caused by Lennie's trouble in his previous job in Weed, which is opposed to his dream to stay at his job in order to get a better life in the future. Hence, the undesirable feelings bring him to his imagination and his dream, the change of his mind, his demands to his friend and his unusual reaction.

Rationalization is the way that is used to conceal or reduce anxiety by giving a reasonable opinion to the others in order to avoid mistake or punishment. In rationalization, George does this defense mechanism by promising to Lennie and hiding the truth about Lennie's character from the boss. Actually, George forbids Lennie to pet soft things before but he gives a promise to his friend to pet a puppy in order to keep his friend beside him. This attempt is done because he does not want to be alone. Secondly, rationalization is created when George wants to get the job and to stay on the California ranch in order to pursue his dream. George hides the truth from the boss because he does not want the boss knows about his friend's character.

Fixation is the way that is used to conceal anxiety by shifting this feeling to something. When using the fixation, George usually plays a solitaire cards in the bunk. His attempts is used to find a way in order to deal with the situation on the ranch. Next, he also gets a drink when George cannot cope with his anxiety. This way is used to forget his problem for a moment .

In addition, the applications of the defense mechanisms influence George Milton's personality in some aspects. First, it makes George changes from being a

kind person into a cruel person. From his experiences, George becomes a viper and savior. Second, the defense mechanisms support George to get more experiences on the California ranch in order to make his dream come true in future. From this situation, George learns some new things from his experience to deal with his anxiety and to do the defense mechanisms. Last, his anxiety causes the problem in his self-esteem. By using the defense mechanisms, George has more time to gain self- esteem.

In conclusion, generally, persons use several defense mechanisms to overcome his anxiety, either used together or in turn. This is portrayed in George Milton when he uses not only one of the defense mechanisms, but three of them. In turn, he uses these defense mechanisms when he faces a problem that arouses his anxiety. It proves that George applies several ways to reduce his anxiety.

## **B. Suggestions**

### **1. Suggestion for the Future Researchers**

The writers realizes that the analysis in this graduating paper is still far from perfect. There are a lof of shortcomings in some parts in this graduating paper. Due to the limitation of time and source, it is impossible for the writer to discover all discussion about novel. *Of Mice and Men* is a very interesting novel and there are many topics to be discussed from this novel.

This graduating paper employs the psychological approach to examine and to seek the truth detail about anxiety and defense mechanism in George Milton's character. Actually, the analysis of George Milton's anxiety have not finished yet

because the writer only analyzes his anxiety in pursuing the dream. Hence, firstly, the writer suggests the future researchers can analyze further about one of the causal factors of George's anxiety, the loss of a loved object. This factor occurs after George loses Lennie. Secondly, the future researchers also can analyze about homosexual in George's character because there is possibility that one of the causal factors, the blocked of sexual energy, makes George to be homoseksuil person. The future researchers can use Queer theory to analyze about this topic.

In addition, the writer suggests future researchers use this study as a comparative literary study on John Steinbeck's works, especially *Of Mice and Men*. Future researchers may use the same work to be analyzed from different point of view. The writer suggests analysing the novel from the background of the society in the Great Depression. Therefore, a further analysis of Steinbeck's *Of Mice and Men* might be conducted through socio-historical approach.

## **2. Suggestions for the Readers**

George Milton is one of the main characters in novel *Of Mice and Men*. He experiences anxiety because of his job and future life as well. George has dream to buy a ranch and he does some ways that called defense mechanism to make his dream comes true. However, George fails to pursue his dream because he cannot cope with his anxiety. This situation makes him more anxious so that George gets a drink to reduce his anxiety. It implies that George despairs to pursue his dream.

In Islamic's point of view, persons are not permitted to be a despairing person because the God will grant their requests if they are patient and do endeavor. This condition had happened in Prophet Ibrahim. At that time, Prophet Ibrahim experiences his anxiety because he is old enough but has no child. However, he always tries and prays to the God. As a result, the God grants his request as He said in Surah al -Hijr verse 52-56:

إِذْ دَخَلُوا عَلَيْهِ فَقَالُوا سَلَمًا قَالَ إِنَّا مِنْكُمْ وَجِلُونَ ﴿٥٢﴾ قَالُوا لَا تَوْجَلْ إِنَّا  
 نُبَشِّرُكَ بِغُلَامٍ عَلِيمٍ ﴿٥٣﴾ قَالَ أَبَشْرْتُمُونِي عَلَىٰ أَنْ مَسَّنِيَ الْكِبَرُ فِيمَا تَبَشِّرُونَ ﴿٥٤﴾  
 قَالُوا بَشْرْنَاكَ بِالْحَقِّ فَلَا تَكُن مِّنَ الْقَانِطِينَ ﴿٥٥﴾ قَالَ وَمَنْ يَقْنَطُ مِن رَّحْمَةِ  
 رَبِّهِ إِلَّا الضَّالُّونَ ﴿٥٦﴾

Translation: When they entered his presence and said, “Peace!”. He said, “We feel afraid of you!” (52) “Fear not! We give thee glad tidings of a son endowed with wisdom” (53) He said, “ Do you give me glad tidings that old age has seized me? Of what, then, is your good news?” (54) “We give thee glad tidings in truth: be not then in despair!” (55) He said, “And who despairs of the mercy of his Lord, but such as go astray?” (56) (Ali)

In conclusion, persons who feel anxious should put his fate in the God because He knows the best for them. However, they should work hard and still believe in the God because He certain grants their requests. Hence, persons especially moslems are not permitted to be despairing persons. In addition, they can reduce their anxiety by still being patient and praying to the God.



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**APPENDIX 1****CURRICULUM VITAE****A. IDENTITY**

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Temanggung Central of Java 56254

**B. FORMAL EDUCATION**

1999-2005 : Elementary School 1 Parakan

2005-2007 : Junior High School 1 Parakan

2007-2009 : Islamic Senior High School Temanggung

2009-2013 : Studied in State Islamic University of Sunan Kalijaga Yogyakarta

**C. LANGUAGE ABILITY** : able to use Java, Bahasa, and English

APPENDIX 2

THE COVER OF *OF MICE AND MEN*

