CHAPTER II

THEORITICAL REVIEW

In this chapter, the writer explains about the theory applied to analyze the data. In analyzing the data, psychoanalysis approach is used. According to McLeod, Freud is a founder of psychoanalysis; he uses this theory to analyze what is in his patient's mind that is repressed to the unconscious level then is shown through the patient's behavior. According to Barry:

> *Psychoanalysis itself is a form of therapy which aims to cure mental disorder 'by investigating the interaction of conscious and unconscious elements in the mind'. The classic method of doing this is to get the patient talk freely, in such a way that the repressed fears and conflicts which are causing the problems are brought into the conscious mind and openly faced, rather than 'buried' in the unconsciousness.*(2002: 98)

As stated above, Freud uses psychoanalysis in order to cure his patient's mental disorder. He believes that someone who gets mental disorder must be repressing their conflict. When the conflict is successfully repressed, it goes to their unconscious mind. The writer sees that the more someone hides his true feeling, the more he may get the mental disorder.

2.1 Defense of Mechanisms Theory

The writer uses psychoanalysis approach in analyzing the data and focuses with Anna Freud's mechanism of defenses theory. Sigmund Freud (1894, 1896) discovers the mechanism of defense theory. Based on Freud there are five kinds of defense. Then, his daughter Anna Freud (1937) develops his idea by adding five

more defenses. The method is called the mechanism of defense. As stated in Sandoff and Widell:

> *The term "defense mechanisms" is used as somewhat equivalent to cognitive coping strategies. Anna Freud describes nine such: repression, regression, reaction-formation, isolation, undoing, projection, introjection, turning against the self, reversal and finally a tenth one, "which is more included in the studies of neuroses, namely sublimating or transference of the drive goal" ([10] Freud, 1980, p. 46). Freud means that "defence" is the oldest example on dynamics in psychoanalytic theory. In this interpretation, defence activities are presumed as more important to focus than joy seeking.* (2001: 4)

The mechanism of defenses is used to reduce the anxiety. When someone deals with conflict and problem in their life, they tend to get anxious. In order to reduce the anxiety, they unconsciously do the self-defense. As in Anna Freud's mechanism of defense theory which said about kinds of defenses that usually people do when they get threatened, scared, or uncomfortable with some situation.

Based on Anna Freud's mechanism of defenses theory, there are ten defenses such repression, regression, reaction-formation, isolation, undoing, and projection, introjection, turning against the self, reversal and sublimation (Sandoff & Widell: 2009). In this research, the writer only focuses on two defenses such as repression and denial because only two defenses which the main character in the Happy Birthday novel uses in facing the problem.

McLeod (2009) states that, repression is an unconscious mechanism employed by the ego to keep disturbing or threatening thoughts from becoming conscious. Also, the other defense is denial. Denial involves blocking external events from awareness. If some situation is just too much to handle, the person

just refuses to experience it. For example, the smoker who knows that smoking is bad for their health but they keep doing it. Since it is too hard to stop it, they deny that smoking is bad for their health.

2.1.1 Mechanism of defenses in personal life

Every person has their own problem and the difference is the way they handle it. There is always a consequence in every decision because it depends on how they treat the problem. The decision influenced by the defense mechanism indicates that the main character in this novel, Valerie is depressed. In Journal of Personality (2007:75) states:

> *There is evidence that individuals who are depressed (particularly women) view events as more stressful. Also, depressed people may actually generate negative life events through their behavior (Hammen, 1991, 1992; Pianta & Egeland, 1994; Simons, Angell, Monroe & Thase, 1993) thus perpetuating their depression.*

The statement above shows that if someone treats the problem with the negative thinking, the problem will seem to be more stressful. In a personal life, someone's behavior is influenced by the way of their thinking about something. When someone faces the problem, the way they treat the problem also influences the defense they used.

Cramer states that *Both in research and in theory, the use of defense mechanisms is currently seen as an aspect of normal psychological functioning, serving to reduce anxiety and protect self-esteem (2007:76).* The statement tells a

similar theory with Anna Freud which says that defense mechanism is used to reduce anxiety.

2.1.2 Mechanism of defenses in social life

In handling the problem, everyone has their own way to solve it. The problem does not always come from the inside; sometimes it occurs from other people. As in Sprock and Yoder (1997) journal states:

> *'Having supportive social networks can protect individuals from depression (Belle, 1982; Pearlin & Johnson, 1977; Sherbourne et al., 1995) but social networks can also exacerbate distress (Kessler &McLeod, 1984; Turner, 1994).'*

The statement shows that having a lot of friends or being active in social life could give two impacts, whether it helps you or make your problem worst. As in the data, the writer sees that main character's social life tend to give the main character problem which is unconsciously make the main character depressed. The main character, Valerie gets the problem since she wants to cover up her age. The ageing becomes the problem because Valerie as a public figure tries to fulfill people's demands and expectations such as always having a good appearance. When Valerie gets used to maintain her physical appearance, unconsciously it becomes a habit to her.

> *Lowe and Schellenberg (2001) propose a model in which the individual characteristics of workers and their job position and environment affect the nature of employment relationships, that is, social capital, which in turn is linked with the quality of life at work and levels of personal satisfaction that a job provides. (Requena: 2003:3)*

When someone does their job well, it is not only because of their responsibility but they want to get some reward such a satisfaction and good responses from others. However if someone cannot fulfill their desire, they tend to repress it in order to avoid the anxiety. Repressing the desire is one of defense mechanisms which appear in the main character's life. In addition, there are a few definitions of defense mechanisms which relate to the social life, such as:

> *Ihilevich and Gleser found that defense mechanisms were associated with adaptive processes in work, school, family, and marriage as well as with maladaptive thought processes. Even social attitudes, political ideology, and religious beliefs may be affected by unconscious defense mechanisms. (Juni & Grimm: 1994)*

The statement above shows that the defense mechanisms always have a part in someone's life. In this case, social life has the influence of the defense mechanism which will appear. Even though the defense mechanisms appear unconsciously but it can be seen perhaps from the background of education, work or social status. The defense mechanisms unconsciously can change someone's behavior. It is not only the behavior but even social attitudes, political ideology, and religious beliefs also can be affected by the defense mechanisms.

2.2 Character and Characterization Method

In literature, there are two elements such as intrinsic and extrinsic. Intrinsic elements are the elements which build in the literary work such as plot, character, theme, and setting. Extrinsic elements are the elements which come from the outside of the literary work such as an influence from author's religion

or culture. In this research, the writer analyzes the data by using the intrinsic element only such as character. As stated by Hornby in Minderop (2005):

> *Karakter (character) bisa berarti orang, masyarakat, ras, sikap mental dan moral, kualitas nalar, orang terkenal, tokoh dalam karya sastra, reputasi, dan tanda atau huruf (1973:156).*

Character is the basic element in literature and the participant in the story. The story cannot be built if there is no character inside it. In writing the story, the author has two characterization method such as showing and telling method. The method helps the author in telling the story the reader; therefore the writer uses showing and telling method in analyzing the data.

According to Minderop (2005: 2) *'Metode karakterisasi dalam telaah karya sastra adalah metode melukiskan watak para tokoh yang terdapat dalam suatu karya fiksi'.* The writer uses the characterization method in order to observe the personality of the character in the novel. Based on Minderop, there are two methods such as telling and showing method.

2.2.1 Telling Method

Telling method is a method that the author describes and explains directly about the main character. As Pickering and Hoeper in Minderop (2005) states:

> *One method is telling, which relies on exposition and direct commentary by the author. In telling- a method preferred and practice by many older fiction writers- the guiding hand of authors is very much evidence. We learn and look only at what the author calls to our attention (1981:27).*

In telling method, the reader knows the whole story based on the author's description. The author who works as a narrator should describe the story well, so that the reader understand and enjoy the story.

2.2.2 Showing Method

Showing method is the method that the author describes and explains about the character in the story from the dialog, conversation, or behavior. Pickering and Hoeper in Minderop (2005) states:

> *The other method is the indirect, the dramatic method of showing, which involves the author's stepping aside, as it were, to allow the characters to reveal themselves directly through and their actions. With showing, much of the burden of character analysis is shifted to the reader, who is required to infer character on the basis of the evidence provided in the narrative (1981:27-28).*

In the showing method, the reader could understand the story and know the character from the conversation or dialog. The dialog describes the action of the character. In this method, the author cannot appear as a narrator like in the telling method.