

CHAPTER I

INTRODUCTION

1,1 Background

Literature is frequently described as enduring through time, providing insights into the evolution of culture, life, and phenomena. Matthew Arnold emphasized that literature's instructive power lies in its familiarity since antiquity, reiterated across generations (cited in Bartens, 2001: 1)

Literature encompasses various genres like prose, drama, and poetry. Among these, prose stands out as it presents narratives through written or spoken language without adhering to specific metric or verse patterns (Abrams, 2009: 288). The appeal of prose lies in its inclusivity, allowing readers to have complete control over the story's interpretation, driven by their imagination, This quality makes prose the chosen focus for the researcher's study.

Novels exemplify a common form of prose, categorized into two styles of writing: fiction and non-fiction. One of the fiction novels that has many devotees is *Pollyanna* written by Eleanor H. Porter. *Pollyanna* is a classic novel written by Eleanor H. Porter. It was first published in 1913 and tells the story of an orphan named Pollyanna Whittier. The character is known for her optimistic outlook on life, which she refers to as the "Glad Game." Pollyanna faces various challenges, but her positive attitude influences the people around her, The novel explores themes of optimism, gratitude, and the impact of one person's perspective on others. However, her so called "Glad Game" can be

considered a defense mechanism to cope against the harsh realities and challenges of life.

The concept of defense mechanisms, introduced by Sigmund Freud in 1894, posits that individuals possess the innate ability to consciously or unconsciously reject or accept certain things as a means of safeguarding their emotions. Freud presents a thought-provoking notion that:

The processes of turning against the self and reversal, and these he designates as "vicissitudes of instinct." From the point of view of the ego these two latter mechanisms also must come under the heading of methods of defense, for every vicissitude to which the instincts are liable has its origin in some ego activity
(Freud, 1915, p. 44)

Individuals develop distinct personalities as a result of maturation and cognitive processes, leading to variations in behavior. Some individuals exhibit reserved personalities, making social interactions challenging, while others may display anger-driven personalities stemming from personal challenges. The term "personality" originates from the word "persona," denoting a mask used to characterize an individual's behavior, character, or nature. Personality encompasses the intricate amalgamation of an individual's psychological and physical aspects, manifesting in their unique conduct (Barry, 2002, p. 87).

The defense mechanism is a subconscious or unconscious mechanism employed by individuals to fulfill perceived needs, even if those needs lack actual existence. Alternatively, it signifies a person's reluctance to acknowledge unwanted truths. According to Freud, the defense mechanism is activated in response to anxiety signaling potential dangers associated with the

reemergence of unacceptable primal impulses (Freud, 1894, p. 93). This defensive behavior is often overlooked in individuals, emerging early in life and primarily surfacing in response to anxiety-inducing situations. Generally, people tend to conceal unfavorable aspects within themselves.

The defense mechanism is frequently employed as a theoretical framework for character analysis in literary works, encompassing novels and other forms of literature. This theory delves into the protection of the ego, aiming to prevent the experience of negative emotions. Freud puts forth a captivating proposition that:

That is to say, until their ego was faced with an experience, an idea or a feeling which aroused such a distressing affect that the subject decided to forget about it because he had no confidence in his power to resolve the contradiction between that incompatible idea and his ego by means of thought-activity (**Freud, 1894, p. 47**)

Freud, credited as the progenitor of psychology through his Id, ego, and superego theory, has left an enduring impact. While the Id remains elusive for current comprehension, the observable manifestations lie in people's egos and superegos. The superego's influence becomes apparent when it induces a sense of guilt through criticism within the ego (Freud, 1936, p. 6). This suggests that the interplay of the id, ego, and superego can prompt individuals to adapt their defense mechanisms based on their ego.

Beyond its application in treating mental disorders, Freud's framework is frequently employed to dissect characters in literature. Rooted in the notions of conscious and unconscious, Freud identified a self-defense mechanism

inherent in everyone's psyche. This mechanism involves attributing desires or conflicts to others, serving as a means to evade distressing acknowledgments or realizations (Barry, 2002, p. 65). Termed a defense mechanism by Freud, this cognitive process is a strategy for accepting an unwelcome past.

Typically, individuals employ multiple defense mechanisms simultaneously, showcasing two critical characteristics. Firstly, they represent a form of reality rejection or interference. Secondly, these mechanisms operate surreptitiously, escaping conscious awareness. Deceptive to oneself, the effectiveness of defense mechanisms diminishes when others perceive the falsehood. Successful defense mechanisms shield the individual from conscious threats, resulting in a lack of self-awareness. Consequently, many individuals, hesitant to confront and accept themselves, seek refuge in these defense mechanisms. It is against this backdrop that the researcher aims to delve into the self-defense mechanisms portrayed in the novel "Pollyanna" by Eleanor H. Porter. The analysis seeks to unravel the intricate interplay between literature and psychology, offering a nuanced understanding of characters and their coping mechanisms in the face of life's challenges.

1.2 Statements of Problems

Based on the background above, there are some statements of problems proposed below.

1. What defense mechanisms are exhibited by the character Pollyanna in the novel "Pollyanna,"?
2. How do Pollyanna's use of defense mechanisms influence the people around her?

1.3 Objective of the Research

1. To identify and categorize the various defense mechanisms exhibited by the character Pollyanna in the novel "Pollyanna."
2. To analyze how Pollyanna's use of defense mechanisms influence the people around her

1.4 Scope of the Research

The scope of this research is specifically delimited to an in-depth examination of Pollyanna's self-defense mechanism. The researcher will concentrate on unraveling the intricacies and nuances surrounding Pollyanna's unique approach to self-preservation, delving into various facets such as psychological, emotional, and behavioral dimensions. By narrowing the focus to Pollyanna's self-defense mechanisms, the study aims to provide a comprehensive understanding of the factors influencing and shaping her responses in challenging situations.

1.5 Significances of the Research

1.5.1 Theoretical Significances

1.5.1.1 Advancement of Literary Theory Integration

This research contributes to the theoretical framework by integrating Sigmund Freud's Psychoanalytical Approach into the analysis of literature. It offers a nuanced exploration of Pollyanna's self-defense mechanisms, bridging the gap between psychological theories and literary analysis. The study enriches our understanding of how psychoanalytic concepts can be applied to fictional characters, providing a deeper layer of interpretation within the field of literary theory.

1.5.1.2 Insights into Character Psychology

By applying Freudian concepts to the character of Pollyanna, this research extends our understanding of how defense mechanisms operate within the realm of literature. It sheds light on the intricate workings of character psychology, offering a valuable perspective on the motives and intricacies that shape fictional personalities.

1.5.1.3 Contribution to Psychoanalytic Discourse

The study adds to the ongoing discourse in psychoanalytically by applying Freud's theories to a literary context. It provides a platform for discussion and exploration of the applicability and adaptability of

psychoanalytic concepts beyond clinical settings, expanding the scope of psychoanalytic discourse into the realm of literature.

1.5.2 Practical Significances

1.5.2.1 Enhanced Literary Analysis Techniques

This research equips literary scholars and analysts with an additional tool for dissecting and understanding character behavior. The insights gained from the study can be employed in the analysis of other literary works, enriching the toolkit of literary critics and researchers.

1.5.2.2 Psychological Understanding for Educators

Educators and curriculum developers can benefit from the practical implications of this research. By understanding how fictional characters like Pollyanna manifest defense mechanisms, educators can incorporate literary examples into psychology or literature courses to illustrate complex psychological concepts, making learning more engaging and relatable for students.

1.5.2.3 Therapeutic Applications

The study may have implications for therapeutic professionals who use literature as a therapeutic tool. Insights gained from the research could be applied in therapeutic settings to explore and discuss defense mechanisms with clients, using fictional characters as relatable examples to facilitate discussions about psychological well-being.

1.6 Review of Related Study

The first related study is titled "Self-Defense Mechanism of The Main Character in Ottessa Moshfegh's Novel My Year of Rest and Relaxation (An Analysis of Freud's Psychoanalysis)" by Agustiyani (2016). This study uses a psychoanalytic approach with Sigmund Freud's theory of self-defence mechanisms to achieve its objective, which is to analyze the self defense mechanisms of the main character in the novel My year of Rest and Revelation by Ottesa Moshfegh. This study used a qualitative descriptive method and was conducted as a library research. In library research, the process of collecting data is through studying literature, books, records, or reports. Primary source of data is the novel My Year of Rest and Relaxation by Ottessa Moshfegh. The secondary source of data is articles, books, and theses that are related to theories used, namely psychoanalysis, and defense mechanisms. The data collection was done by reading, identifying, annotating, and organizing. The data were analyzed by presenting, describing, interpreting, and concluding.

The result of the research shows that the main character performs several self-defense mechanisms, namely rationalization, denial, repression, regression, reaction formation, projection, displacement, sublimation. The researcher states that self-defense mechanism is actually a normal function of the mind. However, the overuse of it can be unhealthy. The main character in the novel My Year of Rest and Relaxation constantly performs self-defense mechanisms resulting in an unhealthy behavior. She cannot think clearly to

face her problems effectively. Instead, she chooses to do the long sleep or what she calls “hibernation” to avoid the problems.

The current research is related to this result because both research analyze the main character’s self defense mechanisms. The difference of the current research and this research is that, the current research also explores how these mechanisms influence the people around the main character, which is not covered in this research.

The second related study is titled "Defense Mechanism of The Main Character in Laurie Halse Anderson’s *Speak* novel" by Ritsnaini Zulfaisya (2020), and Hasnini Hasra (2020). This study uses a psychoanalytic approach with Sigmund Freud's theory of self-defence mechanisms to achieve its objective, which is to analyze the self defense mechanisms of the main character in the novel *Speak* by Laurie Halse Anderson. This study uses a qualitative descriptive method. The source of the data is the novel entitled *Speak* written by Laurie Halse Anderson. The main data are the narrations and the dialogues in the narrative which reflect the defense mechanism of the main character. The researcher read closely the novel to understand the implied meaning content of the novel, then identified and classified the narrations and dialogues in the narrative which indicate the defense mechanism types of the main character. The classified data was analysed by referring to Sigmund Freud’s mechanism theory, before interpreting it and drawing the conclusion

The result of the research shows that the researcher found eleven kinds of defense mechanisms, they are repression, reaction-formation, projection, regression, sublimation, rationalization, identification, turning against the self, and isolation used by the main character in coping up with internal and external conflicts she had. These mechanism are experienced by Melinda as the result psychological condition change after being sexually harassed by her senior and being avoided by the people at school including her gang and her best friend. Finally, the defense mechanisms can actually save her from blowing up because at the end of the novel she can be brave to speak up to tell the the truth

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The third related study is titled "Defense Mechanism in a play Mr. Bailey's Minder by Debra Oswald" by Ritsnaini Zulfaisya (2020), and Hasnini Hasra (2020). This study uses a psychoanalytic approach with Sigmund Freud's theory of self-defence mechanisms to achieve its objective, which is to analyze the self defense mechanisms of the antagonist in the play Mr. Bailey's Minder by Debra Oswald. This study uses a qualitative descriptive method. The research data used is qualitative data sourced from the literary work of the drama Mr. Bailey's Minder.

The result of the research shows that the issue of defense mechanism is reflected by Leo who is the antagonist in this drama. The defense mechanism in this analysis refers to how the defense mechanism used by the antagonist cannot make him overcome anxiety and problems in his life. He has a different character at the beginning of the story and at the end of the story towards his death. In the initial phase, he uses several defense mechanisms such as denial, projection, regression, and displacement. However, this defense mechanism failed to get him out of the problems in his life. At the end of his life, the character uses the sublimation defense mechanism as his last defense mechanism. Sublimation is the only defense mechanism that can get him out of the problems in his life and start to make peace with the shortcomings that exist in him

The current research is related to this result because both research analyze a character's self defense mechanisms. The difference of the current research and this research is that, the current research also explores how these mechanisms influence the people around the character, which is not covered in this research.

1.7 Theoretical Basis

This study employs psychoanalytic theory, initially introduced by Sigmund Freud, which is a dynamic branch of psychology. According to Freud, psychology in literature involves the analysis and treatment of neuroses, contributing to the development of civilization, encompassing aspects like

welfare, mythology, religion, as well as literature and other arts (Abrams, 2009: 290). The psychological exploration in literature delves into the workings of the unconscious mind, shaped by external factors such as civilization and social phenomena. Psychoanalytical is interconnected with the concepts of id, superego, and ego, where id represents unconscious natural desires, superego embodies social standards, and ego encompasses influenced desires (Abrams, 2009: 291). The research incorporates the Defense Mechanism theory to scrutinize the identified problem.

1.7.1 Defense Mechanism

"The Ego and the Mechanisms of Defense" written by Anna Freud (1936), is a seminal work by Anna Freud, daughter of Sigmund Freud, which explores various psychological defense mechanisms employed by the ego to cope with stress, anxiety, and internal conflicts. The book delves into how individuals unconsciously protect themselves from distressing thoughts and emotions. Here are some key defense mechanisms discussed in the book:

1.7.1.1 Repression

Repression involves suppressing an impulse originating from the id when the ego perceives it as a threat. Subsequently, this impulse is concealed in the human subconscious, preventing the individual from processing it in a rational manner. In many instances, this suppression can persist throughout a person's lifetime. Since repression serves as a defense mechanism to shield us from harm, overcoming it requires acknowledging that the idea or memory is no longer a threat (Schultz & Schultz, 2017).

1.7.1.2 Denial

Within the realm of defense mechanisms, denial represents the earliest form of psychological protection. Without a doubt, individuals who are not yet governed by their egos frequently employ this type. While primary repression shields a child from being inundated by instinctual urges, denial serves to deflect disturbing perceptions of the external world (Freud, 1894).

1.7.1.3 Projection

Projection involves attributing one's own feelings or assumptions to others in order to alleviate personal discomfort. This mechanism operates by transferring unsettling thoughts or emotions away from oneself and assigning them to someone or something else, (Feist et al, 2018).

1.7.1.4 Reaction Formation

Individuals employing this defense mechanism acknowledge their emotions but opt to act in opposition to their instincts. Reaction formation is a means by which we protect ourselves from a troubling impulse by actively manifesting the opposite impulse. (Schultz & Schultz, 2017).

1.7.1.5 Sublimation

Sublimation is regarded as a positive defense mechanism strategy. Individuals employing this approach opt to express their emotions or feelings through safer objects or activities. Essentially, sublimation involves redirecting the energy of a fundamentally antisocial or unacceptable desire towards socially valued activities, (Baumeister, Dale, and Sommer in 1998).

1.7.1.6 Rationalization

This particular self-defense mechanism is likely quite similar to denial, but it involves a more rational choice that the individual approves of. It is a means by which people protect themselves from the anxiety that arises from perceived threats. The process involves excusing or justifying a threatening thought or action by convincing oneself that there is a logical explanation for it (Schultz & Schultz, 2017).

1.7.1.7 Isolation

Isolation, as a defense mechanism, restricts the outward expression of negative thoughts. Rather than eliminating a negative idea from mental existence, isolation serves as a defense by minimizing its impact (Baumeister, Dale, and Sommer, 1998).

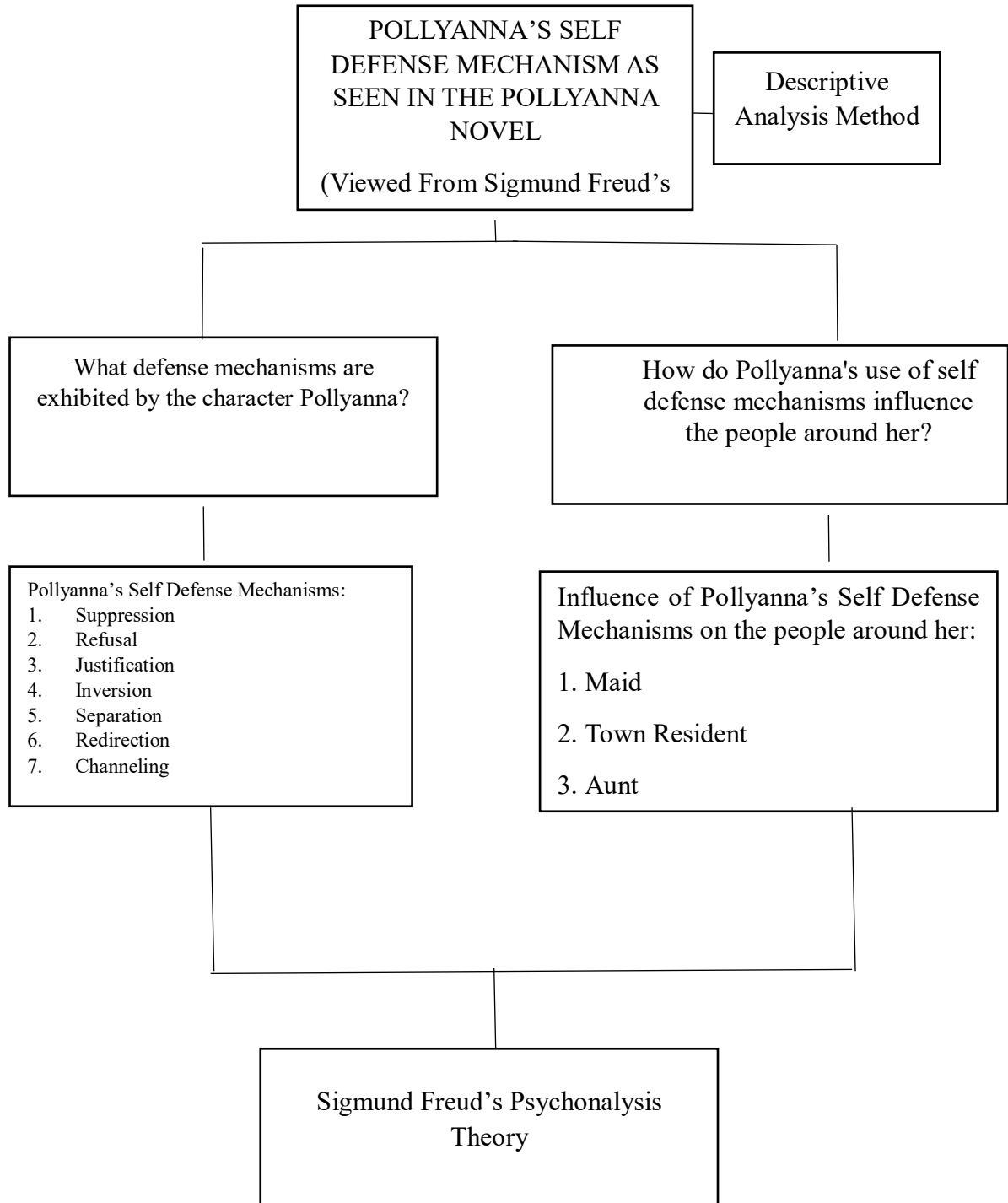
1.7.1.8 Displacement

Humans redirect their emotions towards various entities, including other individuals, objects, and even animals. Instead of expressing their feelings towards the actual source, they displace them onto something else as a way to evade anxiety. Displacement occurs when the person shifts an id impulse to a different object if the original satisfying object is unavailable (Schultz & Schultz, 2017)..

1.7.1.9 Regression

Regression is a condition where an individual mentally reverts to a prior stage of development. Consequently, certain regressive behaviors, such as overeating, daydreaming, resistance to rules, and any other behaviors reminiscent of childhood, are frequently observed in adults (Hall, 1954).

1.8 Conceptual Scheme



1.9 Method of the Research

The descriptive qualitative method is a research strategy designed to comprehensively grasp, depict, and elucidate social phenomena. It involves gathering qualitative data to delve deeply into the context, significance, and experiences of individuals or groups, with the goal of thorough understanding and description.

1.10 Kind of Data

The researcher employs two types of data to substantiate this research.

1.10.1 Primary Data

The primary source of data is Eleanor H. Porter's novel *Pollyanna*. The data was gathered in accordance with the study object, which analyzes the self-defense mechanisms portrayed in the novel.

1.10.2 Secondary Data

Secondary data refers to information obtained from studies, publications, and journals by other authors that are pertinent to this work. The incorporation of this data enhances the strength of the research.

1.11 Technique of Collecting Data

Two methods were employed by the researcher to gather data in this study, and they are outlined as follows:

1.11.1 Reading Comprehension

The researcher immersed themselves in the novel, delving into its intricacies through multiple readings. With each iteration, a meticulous analysis ensued, dissecting the narrative to discern and categorize the various self-defense mechanisms vividly portrayed within the literary work.

1.11.2 Internet Sources

The researcher utilizes the internet to explore diverse opinions and explanations from numerous experts and sources on the same subject to bolster this study. Google is employed to search various websites for additional research that addresses the same topic as the current study.

1.12 Technique of Analyzing Data

The researcher employs three different techniques for analyzing the data:

1.12.1 Classification

The data analysis involves the researcher utilizing classification. Specifically, the researcher categorizes the data based on the self-defense mechanisms depicted in the novel. *Pollyanna*

1.12.2 Interpretation

Following the classification process, the researcher proceeds with data interpretation. The technique involves a thorough and careful reading of the novel to obtain a reasoned interpretation of the issue. Furthermore, the researcher can present a valid argument and address the problem in the statement of the problem.

1.12.3 Explanation

Following the interpretation, the researcher employs an explanatory technique to present the outcomes of the interpretations in various forms such as texts, quotations, meanings, and messages that are connected to the researcher's statement on the problem. The researcher will elaborate on the classified quotations.