

CHAPTER I

INTRODUCTION

1.1 Reason for Choosing The Topic

Wild is an international best seller novel which written by Cheryl Strayed. *Wild* published in 2012 and becomes an international best seller that has been translated in to 30 language. The novel is about female character who taking a journey to Pacific Crest Trail (PCT). *Wild* is not just about journey but also the story behind Cheryl as main character chooses to hike and leave her life in Minnesota. When she was six, Cheryl runs away with her Mom and her siblings to a small town in outside of Minneapolis after her father broke her Mom nose. She starts her new life in there, but shortly after they moves, her mother meet Eddie who become her stepfather and their began new life in Minnesota. Cheryl really loves and grateful with her family especially her Mom.

Cheryl never wants to be separated with her Mom. She writes a letter to St. Thomas in Twin City if the school can let her mother also take a class for free. St. Thomas acceptances her letter so Cheryl can gets to college together with her Mom but when their being a senior, Cheryl have to transferred in University of Minnesota and her Mom in Duluth Campus. In last year of her study, Cheryl was shocks because her mother health. She never imagine her lovely mother who vegetarian and lively so healthy gets a lung cancer and only can live for one year. Unfortunately, her mom only lives forty-nine days after get diagnose. Cheryl really can not accepted her mom died.

All of this moment, make Cheryl loses her own thought and self. Something inside her also dead to Paul, her husband. She cheats behind Paul and have sex with many strangers. She choose not to live with Paul and get boyfriend named Joe who is a junkie. She uses

heroin and become a junkie then got pregnant and have to abortion the kid. Unfortunately, she can stand for her marriage and has to divorce with good man she love, Paul.

Cheryl fall so darkly in her life, such a limbo which cannot go out with the sadness. Until she found a book at REI store when wait her friend, Aimee. *The Pacific Crest Trail Volume I: California*, Cheryl buy the book and starts to reading it. The book inspire her to change her mind and makes her to set a plan to go to PCT. It builds her strength to cover and found her true self. Cheryl feel that is the way or first step to manage her ruin life even she cannot imagine the hard doing it alone by herself.

Cheryl starts experience the anxiety when her mother dies and she has to continue her life without her mother. In the PCT, the main characters also feel the anxiety because of the circumstances. Cheryl has two kind of anxiety. First is realistic anxiety which mostly appear when she hike the PCT and second is neurotic anxiety that appears before and after her mother die.

All of the anxieties make the main character do a defence for herself in order to overcome the anxieties. She tries to defend herself as a shield from the unpleasant feeling that she gets from the reality. Defence mechanism is an effort to defend anxiety in main character. Cheryl has some of defence mechanisms that she used and related with her anxiety. There are, humor, displacement, denial, acting out and rationalization.

In psychology, anxiety is one of disorder when people who have feel not safety, fear, worried, and shame because of feel unpleasant situation but some of its because unknown source or from inner personal. The anxiety can be treat used defence mechanism. The main character feels the anxieties because her unconscious and conscious fear that trigger herself when she know her mother get lung cancer and new circumstances when she hike PCT. It

leads her create realistic anxiety and neurotic anxiety. Then, to escape from her anxiety, unconsciously uses defence mechanisms as a shield to protect herself.

In *Wild*, the main character lose control of her rational mind after look her mother die. It also has impact for her personal life, she unaccepted the reality. Cheryl fear to face her life in the future without her mom. She become somebody else in bad way. She thinks and decides to hike PCT as the best way to back as truly herself. In PCT, Cheryl also gets anxieties because of the wild animal, the wilderness and the unexpectedly situation with people.

Defence mechanism is a shield for Cheryl to defend her anxieties. Defence mechanism not also about to shield the anxiety but also to prevent the distortion of reality. Thats why when human Id dominated behaviour unconsciously mind will try to find rational way to protect it.

Anxieties and defence mechanism are the subject of Psychology. Psychology is a studies about mental process and human behaviour. Thats why the writer choose Psychoanalytic Criticism to analyze this research. Psychoanalysis theory by Sigmund Freud, the writer uses to make sharp and details when to find kind of the mental disorder in main character. By psychoanalysis criticism, the writer could find psychological disorder that can be seen in dialogue of character, the behaviour, hidden pleasure and desire also mindset of the main character.

According to this, the writer urges to bring anxiety and defence mechanism that appears in main character to this thesis. In this novel, anxiety and defence mechanism are interesting to analyze in this research. This research will expands based on Psychology Criticism and Psychoanalysis theory by Sigmund Freud. Psychoanalysis theory that uses in the research will be easy to limit the scope in anxiety and defence mechanism.

1.2 The Objective and The Scope of Study

The object of the study is a novel *Wild* by Cheryl Strayed. This research is analyze using theory of Psychoanalytic Criticism. There are a lot to study using Psychoanalytic but the writer will scope the study into two parts which is anxiety and defence mechanism.

The writer also limit the study by using Psychoanalysis according to Sigmund Freud. It based on the objective of this research which describing the data that find in the novel. In this analysis, the writer makes two limits which are describing anxieties and defence mechanism of main character in *Wild*.

1.3 Formulation of The Problem

Based on the research study, there are two research question coming up to useful collect the data in *Wild*. The questions are:

1. How are anxieties reflected of the main character in *Wild*?
2. How are defence mechanisms reflected of the main character in *Wild*?

1.4 Review of Related Literature

Review of related literature is description of the previous study and theoretical framework as reference to serve as basis for researcher activities. It is to clear the frame though from the formulation of the problem which want to analyze.

1.4.1 Previous Study

Based on review of related literature the writer finds *Wild* novel has been discussed by previous researchers, there are Tanya Y. Kam, Lourens, J.H.A.J.J and Anna Ptaznik in 2015. Tanya examined the novel in eco-critical life that show how Cheryl travel into wilderness can be therapeutic to her self. Then Lourens also has been discussed *Wild* novel in

ecofeminist way, she described the relationship between woman and nature. The last in the same year, Anna Ptaznik analyze *Wild* in religious studies. She discuss about thru-hiking as a Pilgrim; the transformation of nature and religion in the novel.

These previous study show the researchers only research *Wild* novel in eco critical, eco feminist which mean the related of human or woman with nature and also in religious studies which talk about pilgrim. In this research, the writer will analyze the same novel with psychoanalysis approach. Psychoanalysis used to analyze the anxiety and defence mechanisms that reflected in the novel.

1.4.2 Theoretical Framework

In Boeree's article, Freud once state that "Anxiety is a condition when Id and Superego have conflict between desire and moral then make ego feels threatening and danger. The position is to give signal to Ego to take action and escape from threatening". In addition, according to Duane Schultz, *Theory Personality: 8 edition*, anxiety serves as a warning signal to the person that all is not as it should be within the personality. Anxiety induces tension in the organism and thus becomes a drive (much like the hunger or thirst drives) that the individual is motivated to satisfy. The tension must be reduced. Anxiety alerts the individual, that ego is being threatened and that unless action is taken, the ego might be over down. Freud divide anxieties into three parts (57-58).

1. Realistic anxiety or Objective anxiety.

This involves a fear of tangible dangers in the real world. Most of us justifiably fear fire hurricanes, earthquakes, and similar disaster. We run from wild animals, speeding cars and burning buildings. Reality anxiety serves the positive purpose of guiding our behaviour to escape or protect our self from actual danger. Our fear subsides when the threat is no

longer present. The reality based fears can be carried to extremes, however. The person who cannot leave home for fear being hit by a car or who cannot light a match for fear of fire is carrying reality-based beyonds the point of normality.

2. Neurotic Anxiety

Neurotic Anxiety has its basis in childhood, in a conflict between instinctual gratification and reality. Children are often punished for overly expressing sexual or aggressive impulse. Therefore, the wish to gratify certain id impulse generates anxiety. This neurotic anxiety is unconscious fear of being punished for impulsively displaying id dominated behaviour. Note the fear is not from the instinct, but of what may happen as a result of gratifying the instinct. The conflicts become one between the id and the ego, and its origin has some basis in reality. In addition this is why at first a person who is having this type of anxiety will be consciously aware of it, but later on people will be aware of it unconsciously.

3. Moral anxiety

Moral anxiety results from a conflict between the id and the superego. In essence, it is a fear of one's conscience. When you are motivated to express an instinctual impulse that is contrary to your moral code, your superego retaliates by causing you to feel shame or guilt. In everyday terms, you might describe yourself as conscience-stricken. Moral anxiety is a function of how well developed the superego is. A person with a strong inhibiting conscience will experience greater conflict than a person with a less stringent set of moral guidelines. Like neurotic anxiety, moral anxiety has some basis in reality. Children are punished for violating their parent's moral code, and adults are punished for violating society's moral code. The shame and guilt feelings in moral anxiety arise from within; it is

our conscience that cause that fear and the anxiety. Freud believed that superego exacts a terrible retribution for violations of its tenet.

Nevid, Jeffrey S, et al. *Abnormal Psychology*, 2005 stated that anxiety is characterized by a wide range of symptoms that cut across physical, behavioral, and cognitive domains:

- a. Physical features may include jumpiness, jitteriness, trembling or shaking, tightness in the pit of the stomach or chest, heavy perspiration, sweaty palms, light-headedness or faintness, dryness in the mouth or throat, shortness of breath, heart pounding or racing, cold fingers or limbs, and upset stomach or nausea, among other physical symptoms.
- b. Behavioural features may include avoidance behaviour, clinging or dependent behaviour, and agitated behaviour.
- c. Cognitive features may include worry, a nagging sense of dread or apprehension about the future, preoccupation or keen awareness of bodily sensations, fear of losing control, thinking the same disturbing thoughts over and over, jumbled or confused thoughts, difficulty concentrating or focusing one's thoughts, and thinking that things are getting out of hand.

According to Schultz, Freud offer defence mechanism to overcome anxieties. Defence mechanism is strategies the ego uses to defend itself against the anxiety provoked by conflicts of everyday life (58). Vaillant classifies defence mechanism into four levels, pathological defences, immature defences, neurotic defences and immature defences. The first three levels of defence mechanisms is described in his article "*An Empirically Validated Hierarchy of Defence Mechanisms*". The last level is mentioned in his Vaillant G. E , *Adaptive Mechanism, Their Role is A Positive Psychology*, 2000.

Level I: Pathological Defences

The mechanism of pathological or psychotic appears irrational or insane to others. However, normally it found in dreams and throughout childhood as well. There are several kind of that defence mechanisms.

1. Denial is refusal to accept external reality because it is too threatening. Means that someone who used this defence will deny the object which make her/his feeling unpleasant or unacceptable. For example: A man who smoke will refuse to admit that smoking is bad for their health.

2. Distortion. Distortion is a gross reshaping of external reality to meet internal needs. It decrease the unpleasant mind in internal so it can recreates the external reality. For instance: A new married couple feel unhappy and get a problem for their married. Then the woman distorted belief that is her husband fault not her. So, she pushing the blame to her emotional turmoil.

3. Delusional Projection. This is the last defences mechanisms in pathological. Delusional Projection frank delusions about external reality, usually of persecutory nature. For example: A student strong dislike the Professor who get him E might believe that the Professor does not like him too.

Level II: Immature Defences

These defence mechanism often present in adults. The mechanisms lessen distress an anxiety produced by threatening people or by uncomfortable reality. Immature defence is seen as socially undesirable, in that they are immature, difficult to deal with and seriously out of touch with reality. These defence always leads to serious problems in a person's ability to cope. They include:

1. Fantasy is one of immature defence that tendency to retreat into fantasy in order to resolve inner and outer conflicts. In example, when a patient who can not pregnant, she refused to allow her friends to visit her but spent her time down at the nursery looking at the new born babies and whistling Brahms Lullaby to them (James L. Holly, MD *Maladaptive Strategies and Mature Defence*).

2. Projection which attributing one's own unacknowledged feelings to others; include severe prejudice, severe jealousy, hyperviligance to external danger, and "injustice collecting". For example: A woman who get cervix cancer wrote long angry letters to the papers blaming the hospital for unsanitary conditions. Blaming her doctor for not doing Pap Smear earlier, she contemplated instituting malpractice proceedings against her (James L. Holly, MD *Maladaptive Strategies and Mature Defence*).

3. Hypochondriacs is transformation of negative feelings towards others into negative feelings towards self, pain, illness and anxiety. For example: A worker who get headache will say he get tumour to his boss just for make him not do presentation with client and get rest from work.

4. Passive Aggressive Behavior is aggression towards others expressed indirectly or passively. For instance, a patient allows IV fluids to "run out" and only then calls the nurse. When the intern comes to restart her IV she says "I didn't call because I knew you would check on me". The only person hurt was herself, but her "passive aggression" fueled her anger and her feelings of neglect and justification of her depression (James L. Holly, MD *Maladaptive Strategies and Mature Defence*).

5. Acting Out. Acting out is direct expression of an unconscious wish or impulse to avoid being conscious of the emotion that accompanies it. For example A woman might have an affair which is actually the expression of her disappointment of not being able to have a child,

but which results in self destructive behaviour (James L. Holly, MD *Maladaptive Strategies and Mature Defence*).

Level III: Neurotic Defence

Neurotic defence mechanisms are considered neurotic, but fairly common in adults. Such defences have short-term advantages in coping, but can often cause long term problems in relationships, work and in enjoying life when used as one's primary style of coping with the world. These include:

1. Intellectualization is defence mechanisms that transforms to non emotional experience through the overuse of conscious thought processes. For instance: Husband will construct elaborate logical explanation for wife's recent paranoia idea. Another example is when someone who recently witnessed of car accident, might flatly recounting the story without fear of sorrow.

2. Rationalization that makes unacceptable attitudes, beliefs and behaviours more palatable by providing a socially acceptable meaning. For example: A teenager will say he get sick or her Mom not allow him to play basketball outside to his friends but actually he afraid being lose.

3. Repression which involves the expulsion or withholding of a distressing idea from consciousness while allowing affect to remain, thereby attenuating conscious realization of what object or situation related to the effects. For example: A person who grow up with abusive parents doesn't remember being beaten but has problem in trusting someone.

4. Isolation is spares the idea but modifies awarenesses of affect. For Instance, a surgeon thinking the Whipple operation for pancreatic cancer is interesting (Vaillant, G. E, *Psychodynamic Perspective's article* 2011).

5. Reaction Formation. It is transforms unacceptable impulse into its opposite. For example, instead of accepting a desire to have sex with multiple partners, you preach the virtues of celibacy.

6. Displacement is shifts affect and the focus of attention from an object that is unacceptable to a safer one. For example, when a man angry with his boss, but he kicking a dog instead of the boss (Vaillant, G. E, *Psychodynamic Perspective's article* 2011).

7. Dissociation. It is usually included in the neurotic, but its definitions in this regards is restricted to a severe form involving a breakdown a psychological function and drastic modifications of one's own characters. For instance: A woman who use dissociation as defence mechanism will get splitting time, temporary amnesia which unconscious build another characters in her body which can handle situation where the own characters of herself can not do it.

Level IV: Mature Defence

This level is considered as mature because it helps to integrate conflicts and emotions. It is called as emotionally healthy although there are still some immature developments on it. It contains of subjective happiness, occupational or stability of relationship. Mature defence divides into 5 defences:

1. Altruism used to transform conflicts, altruism involves getting pleasure from giving to others what people would themselves like to receive. For example, victims of childhood sexual abuse often pathologically cut themselves (turning anger against the self), abuse children (acting out), or use "neurotic" compromises such as becoming frigid or joining convents (reaction formation). Alternatively, and transformatively, altruistic victims of child abuse might work in shelters for battered and in support groups or hotlines for abuse victims.

2. Sublimation. Sublimations allows an indirect resolution of conflicts with neither adverse consequences nor marked loss of pleasure. Sublimation does more than make affect acceptable; it also makes idea exciting. For example: A boy who get a rejected from the person he like will show her sadness by write a poem or make song base on her feeling or A girl who angry will punching bag to channel angry impulse; sport.

3. Suppression. Suppression (stoicism) is not as elegant as sublimation because suppression always sacrifices beauty for truth. Suppression has none of the humanity of altruism or humor, and suppression is often regarded by psychotherapists as a vice not a virtue. Suppression involves the semi conscious decision to postpone paying attention to a conscious impulse and/or conflict. For example: A wife may be shamed or irritated about her husband's behaviour. But, because so much guests around her, she control her reaction and decide to bring it up later. She tell her self to continue serving the guests and forget about her husband now, she'll speak later.

4. Anticipation is often voluntary and independent of conflict resolution. Rather, it is in case of "hot cognition" that anticipation becomes an involuntary coping skill. Anticipation is the capacity to keep affective response to an unbearable future in mind. The defence of anticipation reflects the capacity to perceive future danger affectively as well as cognitively and by his mean to master conflicts in small steps. For example, Charles Lindbergh and Chuck Yeager. They calmly survived exciting flying careers by dealing with stress as Mithradates did with poison - taking a littke at a time. To have underestimated danger would have been fatal. To have exaggerated danger would have been emotionally incapacitating. Thus, they worried in advance, they made lists, and they practised. Then, appreciating that they had prepared as well as they could, they relaxed.

5. Humor permits the expression of emotion without individual discomfort and without unpleasant effects on others. The safety of humor, like the safety of dreams during sleep, depends on catalepsy. People see all and feel much, but they do not act. Humor keeps both idea and affect in mind. Mature humor allows people to look directly at what is painful, whereas dissociation and slapstick distract people so that they look somewhere else. For example: A lecturer makes error on quiz and says to the student, “Oh My God!, you all are genius than me! I can’t even solve the test!” And laugh about it with all of them.

In this analysis of *Wild* by Cheryl Strayed, the main character experiences two anxieties that is realistic anxiety and neurotic anxiety. In defence mechanisms show three level of defence mechanisms. There are pathological, neurotic and mature levels. In pathological level the main characters pictured of denial. In neurotic level there two of main character show that is displacement and rationalization. In immature level is acting out. For mature defence the main characters show two kind of level there are suppression and humor.

1.5 The Method of The Research

To analyze and collect datas from main character in *Wild* by Cheryl Strayed the writer applying close reading method by Jacobus (2001). Based on Jacobus, by close reading method the researcher note specific uses of language, such as imagery, symbols, repeated terms, pattern of expression, the tone of the the speaker, and the main ideas the writer introduces. Close reading requires to take the text seriously enough to study it, to read and reread it. Search for details that might otherwise go unobserved. Examine the text for special words and terms-and refer to the dictionary to be sure of their meaning when necessary. Look for the symbolic uses of language that might not be evident from a quick reading. Ask why certain patterns or behaviour or patterns of words repeat themselves. Note allusions to other

literature. Develop and work to answer questions about the text. This method will be useful to the research with Psychoanalysis Criticism.

The step with use method close reading, first the writer choose the literary work and try to read an instant. In *Wild*, the writer assume that anxiety and defence mechanism contained at the book. After that, the writer reads deeply to know what kind of anxiety that main character has and defence mechanism which main character used to handle her anxiety. In that way, the writer try to collect what kind of defence mechanism that uses by main character. It makes easy the writer to know the problem that main character encounter. The writer re-read and more carefully to find the data of defence mechanisms. And then, the writer finally find the reason defence mechanism appear because of the anxiety of the main character. The writer find two kinds anxiety in main character. That is realistic anxiety and neurotic anxiety. Fear of main character is a clue to find the anxiety. In *Wild*, the main character anxiety directly describe.

In this research, psychoanalytic criticism used by writer as a theory to analyze the novel. Next step, the writer analyze the relationship between anxiety and defence mechanism. It is about how anxiety appear and develop then defence mechanism cover it or being a shield in unconsciously mind of main character. The writer find that each anxiety also have own defence mechanisms. There are, humor, displacement, denial, acting out and rationalization. It seeks in main character mindset, background of main character life, dialogue and behaviour.

After interpretation considered by no mistake, the writer starts collect data to prove the analysis. The data is classify by the content of the theory. In this case, data will help writer to make tentative outline, easy to make research question and limit the scope of analysis. This is to make the analysis organized and easy to understand. When collect the data

the writer should carefully in quote. Quotation make the writer easy to collect the important data that which related to object of this analysis.