



IAN'S ANXIETY AND DEFENSE MECHANISM IN *ONWARD*

THESIS

Submitted to Fulfill a Partial Requirements for S1 Degree in

The English Department Faculty of Humanities Universitas Bung Hatta

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ENGLISH DEPARTMENT

FACULTY OF HUMANITIES

UNIVERSITAS BUNG HATTA

2023



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STATEMENT OF ORIGINALITY

This is to certify the originality of this thesis which I now submit to fulfill a requirement for an S1 Degree in The English Department Faculty of Humanities Universitas Bung Hatta. The content of this thesis is entirely my work. All assistance received in writing this thesis and the sources cited have been acknowledged within the text of my work.

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ABSTRACT

This is an analysis of a movie titled *Onward*. Ian is the main character who experiences psychological problems while on his adventure to find a phoenix gem. This analysis aimed to describe Ian's anxiety and defense mechanism. In this analysis, the writer used a theory by Sigmund Freud, anxiety and defense mechanism. The data were analyzed using a qualitative method. The writer found 14 data on anxiety and 8 data on defense mechanism, and a total are 22 data. The writer found 6 data on realistic anxiety, 4 data on neurotic anxiety, and 4 data on moral anxiety. For Ian's defense mechanism data found are; 3 data on denial, 2 data on displacement, 1 data on regression, and 2 data on fantasy. In conclusion, Ian's realistic anxiety is the most dominant of the other two types of anxiety. This happened because, on his adventure, he dealt with events such as fire, whirl wind, flood, and animals. On the contrary, the result of his defense mechanism shows no significant difference.

Keywords: Ian, Onward, Anxiety, and Defense Mechanism

ACKNOWLEDGEMENT

First of all, I would like to express my highest gratitude to Allah SWT, God Almighty, for the blessings and mercy that has been given. Apart from that, I also express my respect to our prophet Muhammad SAW for bringing these people from darkness to a bright message of truth. The writer realizes that the drafting process involves many parties. Therefore, on this occasion, the writer would like to thank profusely to:

1. Diana Chitra Hasan, M.Hum., M.Ed., Ph.D., Dean of Faculty of Humanities Universitas Bung Hatta.
2. Dra. Nova Rina, M.Hum., Head of English Department Faculty of Humanities Universitas Bung Hatta.
3. My supervisor, Femmy Dahlan, S.S., M.Hum., for her valuable knowledge, ideas, advice, intense attention, and patience. It was a privilege to be under her supervision.
4. My examiners Dr. Elfiondri, S.S., M.Hum and Temmy Thamrin, M.Hum., Ph.D., for giving detailed feedback and ideas during the examination.
5. My dearest parents Baco Bin Saidek and Martina Bela for their endless support, without them, I would never have finished this thesis. My siblings, Herlina, Ernani, Mohd. Saril, and Mohd. Shafiq who always facilitate and support me in studying well, always encourage me to study till I complete this thesis.
6. My lovely friends, Risnawati, Raisa Maulidya R, S.H, Rika Indah Agustini, Azizatul Alifah, Eldha, S.H, Anisa Agustina, and Lisa Putri who always give encouragement and listen to complaints this thesis.
7. My friends in the English Department class of 2019, Vina Febriana, Nurafni Rahmawati, Azkia Salami, Fauziah Alfi, Bunga, and Putri Mardian Sari, who have accompanied me in this journey, giving advice and support me in completing this thesis.

8. My comrade-in arms (*SastraPass*), Annisa Maharani Miranda, Elpis Simawati, Allesia Alsafitri, Sarah Auleri, Siti Aisyah Aulia, and Danial.N, who always give ideas, knowledge, and support me.
9. Everyone whom I cannot mention one by one for their ideas, knowledge, stories, and lessons.
10. Last but not least, I wanna thank me. I wanna thank me for believing in me. I wanna thank me for doing all this hard work. I wanna thank me for having no days off. I wanna thank me for never quitting.

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CHAPTER I

INTRODUCTION

1.1 Background of the Study

Difficult problems and certain situations can cause some people to feel fear. At some point, in one's life, the feeling of anxiety can appear. For example, a student may feel fear of failing in examination. The other example is a driver will feel fear when he drives without a driving license. From the point of view of psychology, those kinds of fear are normal in life, but some people find it hard to control their worries, and can often affect their daily lives.

Based on American Psychiatric Association, Apprehension, tension, or uneasiness that results from the anticipation of danger, which may be internal or external is one definition of anxiety. Anxiety is described as the anticipatory of a future risk or negative event, accompanied by feelings of dysphonia or bodily manifestations of tension. Risk factors may originate from both internal and external environments. Finally, anxiety is defined as an unpleasant emotional state that is accompanied by a condition of alarm and worries that manifests in the absence of a genuine threat but that is excessive in response to any triggers (101).

According to Swift, anxiety is a common emotion because it affects everyone at some point in their lives. Its natural function is to warn us about potential threats so that we can assess and respond appropriately. This increased level of preparedness can also aid performance and stimulate creative

impulses. For some people, anxiety triggers inappropriate or disproportionate responses to perceived threats, leading to persistent and intrusive symptoms associated with anxiety disorders, such as panic, phobias, and obsessive behaviors, which often have a debilitating effect on their lives. Anxiety and defense mechanism have a very high relationship, so there is a need for a defense mechanism (35).

To minimize the occurrence of anxiety, there must be a defense mechanism to prevent it. The defense mechanism serves as a safeguard or defense against worry. According to Freud, a person's unconscious mind acts as a defense mechanism against fear by distorting reality in specific ways to shield the person from external threats or concerns. Because anxiety can be reduced, those who are successful in using their defensive mechanism also lead fulfilling lives. Furthermore, Freud stated that the id is an unconscious psychological system that has no connection to reality (45).

Literature draws from human experience; it is always closely tied to human life. Literature can be studied for its substance as well as just enjoyed. Psychology is one of the many ideas that are frequently employed to examine literary works. In addition, psychology is a discipline that focuses on the study of the human mind and behavior. It makes an effort to comprehend and describe how a human thinks, feels, and behaves. Because both deal with people and their responses, perceptions of the world, fears, desires, miseries, conflicts, reconciliations, and wishes, literature, and psychology have a deep connection (Aras 251).

Onward is a movie that portrays its character's psychological problems. The story tells the adventure of Ian, the main character, and Barley Lightfoot, his brother who has lost their father at a young age. Before their father passed away, he left gifts to Julia (the mother) to be given to Ian when he turned 16. The gifts are a magic wand, a precious stone, and a letter. It was written in the letter that both siblings could see their father for 24 hours by casting a magic spell with the magic wand and a precious stone. Unfortunately, only half part of his father's figure can appear. To make their father's body complete they must find a phoenix gem. For Ian, it was like the most exquisite gift because he had no memory of his father. To perfect his father's body, the two brothers embark on an adventure to find the phoenix gem. Ian experienced anxiety as the journey began. As an illustration, Ian feels anxious about a fire burning the map that is needed for their adventure. His face shows tense and the sweat dripped down his head.

To protect against the occurrence of anxiety, there must be a defense mechanism to prevent it. For example when Ian is annoyed with his mother, but cannot express his anger at her, Ian transfers it to Barley's untidiness by cleaning Barley's toys that messed up on the kitchen table.

One of the most prevalent and functionally debilitating mental health conditions in childhood is anxiety. Rufer stated that, character qualities are the cornerstone of well-being, and movies provide a wealth of resources for cultivating character strengths and, by extension, flourishing. There are not many resources available for parents on how to use movies with their children

and teenagers, although they are thought to be effective and that more thorough research is required (38). When parents and children watch *Onward*, they can learn how to deal with anxiety and defense mechanism because part of a child's education comes from what they see and hear. It can be concluded that *Onward* media such as film can be used to avoid it.

1.2 Research Questions

In this study, there are two research questions, namely:

1. How are Ian's anxieties described in *Onward*?
2. How are Ian's defense mechanisms described in *Onward*?

1.3 Objective of the Study

Based on the research questions, the objectives of the study are as follows:

1. To describe Ian's anxieties in *Onward*
2. To describe Ian's defense mechanisms in *Onward*

1.4 Scope of the Study

To limit the discussion, the writer decided to use the movie *Onward*. Although there are numerous characters in the movie, the writer only analyzes Ian, who is the main character. In addition, this movie has a lot of other issues, such as stress issues, conflict issues, and trust issues. However, in this research, the writer mainly talks about anxiety and its defense mechanisms.

1.5 Significance of the Study

The uses of this study can be categorized into two groups: theoretical uses, which refer to the addition of research findings to the body of literature. Theoretically, future researchers could use this finding as a springboard for a more thorough investigation of the psychological elements involved in psychoanalysis. Future studies can use the strategy to analyze characters in other literary works as well. Practical uses refer to the potential application of research findings to fields outside of science. Practically, a supporting character in a story could be someone who is close to us in real life and who occasionally has the power to alter someone's personality due to an actual incident. In terms of application, this study can offer additional information about anxiety and defense mechanism.