

CHAPTER I

INTRODUCTION

1.1. Reason for Choosing the Topic

Turtles All The Way Down is one of the novels from a famous American writer named John Green. Published in 2017, this novel has become an international bestseller and achieved many awards such as A New York Times Critics Top Book of the Year and A Publishers Weekly Best Book of the Year. The novel tells the story which focuses on the main character named Aza Holmes who has to refuse her own thoughts.

Aza is a sixteen-year-old girl who must face her days against the biggest enemy, her own thoughts. The author tells the main character as a person who has obsessive compulsive disorder that is known as an unreasonable mind disorder attacking mentally, so that it causes an experience of anxiety, fear and acts irrationally. Since childhood, she has been haunted by excessive anxiety which resulted in her being unable to live normally. The feeling of anxiety felt by the main character is the fear of being contaminated by the *Clostridium difficile* bacteria. Its name is the nasty bacteria disorder that attacks the intestine and can be worse, and she has a belief that bacteria attacks herself anywhere and every time. The Aza's experience of anxiety causes her to hurt herself repeatedly and she can't stop, this act is a way for her to overcome the anxiety that appears on her mind.

Aza is always influenced by her endless thoughts about *C. diff* bacteria. That consequence, Aza always feels anxious about calluses or scars on her hands, so she changes the bandages repeatedly on those wounds. In addition, the other is

when she is dealing with someone or the environment, she thinks that the thing will make c.diff bacteria easily enter to her body through physical contact such as touches. Therefore, there will be Aza's physical response such as to sweat, wash her hands and rinse mouth using handsanitizer. Even though, she realized that her thoughts were absurd, Aza still endangered herself when the anxiety appears, so she felt imprisoned and could only obey her subconscious desires. Along with that, Aza always tries to overcome her feelings of anxiety by taking several defenses to protect herself.

From the whole story of the novel, the writer chooses to analyze it by using a psychological theory, specifically related to anxiety disorder and how the main character protect herself toward anxieties using defense mechanism. Moreover, the writer is also interested to do analyzed this novel due to related psychological theory, especially anxiety disorder, which is this case is often experienced by a lot of people.

The significance of this research is the story relates to the fact that anxiety is a psychological disease that has become personal character of a lot of people. Through this research, the writer wants to provide knowledge to the readers about type of anxieties can attack a person and how they protect themselves. Therefore, the writer wants to help people resolve their anxieties and understand self mechanisms, so readers can also know that feelings of excessive anxiety must be eliminated and healed. As a result, the writer considers the anxieties and defense mechanisms important to be studied.

1.2. The Objective and The Scope of The Study

The object of this research is *Turtles All The Way Down* written by John Green. The novel tells the story about a young girl affected excessive anxiety or it is called obsessive compulsive disorder. There are 11 characters in the novel, but the writer takes the data of anxiety that is only experienced by the main character and defense mechanism toward anxieties can be seen from the main character. Although this novel can be analyzed from other aspects such as; structuralism, etc. The writer decides to only focuses on type of anxieties and defense mechanisms as portrayed of the main character.

1.3. Formulation of The Problem

Based on the objective and scope of the study, at least there are two research questions that guide the writer to do analyses on *Turtles All The Way Down*. The two research questions are:

1. How are anxieties disorder represented of the main character in *Turtles All The Way Down*?
2. How are defense mechanisms represented of the main character in *Turtles All The Way Down*?

1.4. Review of Related Literature

In this section, the writer discusses previous study that has been done in the novel *Turtles All The Way Down*.

1.4.1. Previous Studies

This research discussed about anxiety and defense mechanism in the novel *Turtles All The Way Down* by John Green. To avoid the similarities with other studies, the writer decides to look for other research about anxiety and defense

mechanism on the novel. Then, the writer get the result that only one has been research about this novel. The novel has been studied by researcher Uzlifatuz Zuhro (2018) analyzed the novel with structuralism theory which focused on the plot on the novel entitled *Turtles All The Way Down* by John Green. This issue of this study about the experience of Aza and Daisy to find Russell Pickett and disappearance of Russel Pickett affects of his children. The previous studies above reveal that this novel has been analyzed by structuralism theory point of view. There has not been previous studies of this novel which discuss about Psychoanalysis especially anxiety and defense mechanism approach.

1.4.2. Theoretical Framework

1.4.2.1. Psychology of Literature

Literature and psychology are two interrelated sciences. According to Emir (2016) he argued that, “literature is the science that portrays human behavior through fiction while psychology is the study of human behavior and its causes”. The basic building that makes it related is literary work. Furthermore, Wellek (1903-1995) and Warren (1899-1986) in Emir (2016) categorize psychological analysis in a literary work consisting of analyzing the author's personality which is the way a certain literary work was made, the psychological types which are present in the literary works and the characteristics of their behavior, and the effect of literature on its reader (Wellek and Warren, 1983).

According to Abrams psychological analysis in literary works based on four elements, namely studying the effect of social conditions on emotions, thoughts and behavior of characters in stories or novels, character personality analysis, the process of literary works and the psychology of creativity. Emir (2016) also tells

that literature is an important source of inspiration for psychology to try to explain human emotions, behavior and mentality which are processes from a scientific perspective. Therefore, the writer choose to analyze this novel by studying the characteristics and psychology of the main character that are influenced by existing by thoughts. Many factors that can be analyzed in human psychology one of which is anxiety that related with mentality.

According to Freud in Johari and Marzuki (2013), anxiety is caused by threats or harassment individuals received. Anxiety is part of the natural instinct for self-safety stemming from emotional shock and fear of castration. Concerns create a sense of panic. Reality due to concerns result in bitter experience that the perception of the environment poses a threat in dealing with the fear of an environmental condition. Things that can insipre fear and stress to individuals will cause concerns in them to deal with the situation, and affect up to lifetime. Freud (1936) in Han (2009), tells anxiety is regarded as an unpleasant affective state or condition, which is characterized by the word, 'nervousness'. Freud conceived of anxiety as a signal indicating the presence of a dangerous situation which classified between objective and neurotic anxiety that was from the external world or from internal impulses. Furthermore, in Boeree's book *Personality Theory A Biosocial Approach*, anxiety disorders are the most common disorders felt by humans, it means that most of us get very nervous when we are standing in front of a crowd of people who expect us to say something. Basically, anxiety is a kind of fear response, involving the activation of the symphatetic nervous system, in response to a dangerous situation. More specifically, anxiety is the anticipation of danger, learned through repeated stress or trauma (Boeree, 2009).

According to Spielberger (1966) anxiety as a signal of danger that accompanied by a host of interrelated somatic processes which are in the nature of activity preparatory to emergency action. According to Spielberger (1996), anxiety is a complex emotional reaction or state that varies in intensity and fluctuates over time as a function of the intrapsychic or situational stresses that impinge upon an individual. Generally, anxiety is emotional state of people consists of feelings of tension and apprehension and heightened autonomic nervous system activity. Spielberger (2004), also stated that anxiety as an emotional consisting of dysphoric thoughts, unpleasant sensations, and physical changes that occur in response to a situation or stimulus perceived to be threatening or dangerous.

Furthermore, the writer decides to analyzed anxieties of the main character uses Spielberger's theory, due to the character of the novel experiences anxieties as mentioned in Spielberger's theory. Based on Spielberger's theory, he identified human's anxieties into two parts, which are:

1. State Anxiety is the experience of unpleasant feelings when confronted with specific situations, or a particular object or event. State anxiety arises when the person makes a mental assessment of some type of threat. When the object or situation that is perceived as threatening goes away, the person no longer experiences anxiety. Thus, state anxiety refers to a temporary condition in response to some perceived threat. State anxiety can be defined as a transitory emotional state consisting of feelings of apprehension, nervousness, and physiological sequelae such as an increased heart rate or respiration (Spielberger, 1997). State anxiety

indicates the intensity of anxiety experienced at a given moment and can fluctuate widely in intensity over a short time (Spielberger, 2004). Further details, Spielberger mentioned state anxiety refers to an empirical process or reaction which is taking place now at a given level of intensity that characterized by consciously perceived feelings, subjective concerning anxiety and stress (Han, 2009). For example many people experience anxiety before speaking in public. For most people, these feelings of anxiety start before they begin speaking, continue during the speech but subside immediately after the speech ends.

2. Trait Anxiety is arises in response to a perceived threat, but it differs in its intensity, duration and the range of situations in which it occurs. People with level of trait anxiety experience more intense degrees to specific situations than most people do and experience anxiety toward a broader range of situations or objects than most people. Thus, trait anxiety describes a personality characteristics rather than a temporary feeling. Trait anxiety refers to different views in dealing with an anxiety, which is relatively stable compared to state anxiety (Spielberger, 2004). Moreover, trait anxiety is interpreted as a measure of stable individual differences in relatively permanent personality characteristics, Spielberger in (Han, 2009). For example anxiety seeing a dog in a fenced yard or crossing an intersection with traffic.

Giving treatment to those anxieties, people comes up with defense mechanism. Defense mechanism helps avoiding and defending from those

anxiety. In Boeree's book *Personality Theory A biosocial approach*, Anna Freud develops defense mechanism to continue her father analysis, which are :

1. Denial is a refusal to accept external reality because it is too threatening. It means that someone will deny everything that related to unpleasant feeling or unacceptable reality.
2. Displacement is a focuses of attention from an object or event that is unacceptable caused shifts affect to as a ferone, this theory implicate taking out frustrations, feelings, and impulses on people or object that are less threatening. For example, you are angry with your sister, instead of kicking your sister, you will kick a cat instead to release your anger.
3. Repression is kind of defense mechanism which holding of a distressing idea from consciousness and allowing affect to remain, is also mechanism which involves the expulsion. Attenuating conscious realization of the situation and what the object that is related to the affect.
4. Sublimation allows an indirect resolution of conflict what with neither adverse consequences nor marked loss of pleasure. Sublimation does more than make affect acceptable;it also makes ideas exciting.. For instance, someone make a poem with full of words reflecting the desire or hidden dreams which is frustrating o have sex and cannot release it. It means that the negative desire can be changed to something positive and useful. However, sublimation is different from fantasy.
5. Projection which attributes one's own unacknowledged feelings to others; includes severe prejudice, severe jealousy, hyper vigilance to external

danger, and "injustice collecting". For instance, the woman who cannot pregnant judges job of the doctor is not good because the doctor cannot make her pregnant (James L. Holly, MD : *Maladaptive Strategies and Mature Defense*).

6. Intellectualization which largely turns events into non-existent emotional experience through the over use of conscious thought processes.
7. Rationalization provides socially acceptable meaning, thus making unacceptable attitudes, beliefs, and behaviors more appropriate.
8. Reaction Formation it is transfroms an unacceptable impulse into its opposite. For instance, a man who wants having a sex will not do the sex. In contrast, he will teach and told everyone what the advantages to become single without sex (*Psychodynamic Perspective's* article : 2011).
9. Turning against is the self is a very special form of displacement, where the person becomes their own substitute target. It is normally used in reference to hatred, anger, aggression, guilt and depression.
10. Fantasy is one of immature defense mechanism which tendency to retreat into fantasy in order to resolve inner and outer conflicts. For example, when a woman who cannot pregnant does not allow people to visit her, yet she spends her time to look at baby's room and sing lullaby for them imagining that one of the babies is hers (James L. Holly, MD : *Maladaptive Strategies and Mature Defense*).
11. Undoing is magical gestures or rituals to cancel out unpleasant thoughts or feelings after they've already occurred.

12. Humor permits the expression of emotion without individual discomfort and without unpleasant effects on others. 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.

13. Acting Out it is direct expression of an unconscious wish or impulse to avoid being conscious of the emotion that accompanies it. For instance, the woman who wants to get pregnant has a affair with other man. It causes of her disappointed and anger of disability to get pregnant (James L. Holly, MD : *Maladaptive Strategies and Mature Defense*).

Seeing these, the main character in this novel experiences two kinds of anxieties which are state and trait anxiety. For defense mechanism, the main character displays five levels of defense mechanisms which are displacement, denial, repression, fantasy and turning against.

1.5. Method of the research

This research focuses on type of anxieties and defense mechanisms of the character in the novel *Turtles All The Way Down* by John Green. Anxieties that occurs in this novel is feeling excessively anxious will contaminated the bacteria clostridium difficile which is caused by thinking impulses. In order to do this research and find the answers of the research problems, the writer decided to use interpretation and close reading techniques.

Jacobus (2001) explains that interpretation is an observation to understand literary work by investigasting the meaning of the text through understanding of

the image on the background of the text. In conducting the interpretation technique the writer starts with the close reading method.

For this research, the writer starts by using the method close reading technique to understand the novel. According to Elaine Showalter (2002) close reading is technique pausing to looking for dynamics, and content exact of the literary work. It's not reading between the lines, close reading is also a description, a word on unlock and seeing the multiple meanings a turn of phrase by way reading deeper and further into the lines of the text. According to Elizabeth (2009) close reading is unfold the meaning of the text in relation to it's formal and structural elements. Close reading is not quickly skimming for content, but focuses in depth analysis of the type reading.

In doing the research the writer follows some steps. First, the writer reads the whole novel comprehensively. Then, the writer collects and selects the data that is related to the topic of her analysis which is about anxieties and defense mechanisms by way doing examine special words, phrases, taking note allusion, and sentences related to the research problems. Finally, the writer analyzes the research questions and makes conclusion of the research easily.

The writer used psychology theory which focuses on state and trait anxiety, then defense mechanisms of the main characters. The data are referring in chapter II and III. The writer will conduct this research with discipline and meticulousness so that the data obtained becomes valid.