

**PI'S DEFENSE MECHANISM IN COPING HIS ANXIETIES AS
PORTRAYED IN YANN MARTEL'S NOVEL *LIFE OF PI***

A FINAL PROJECT



**Presented as Partial Fulfillment of the Requirements
to Obtain the *Sarjana Sastra* Degree
in English Literature**

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**ENGLISH LITERATURE STUDY PROGRAM
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PAGE OF APPROVAL

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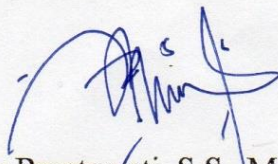
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Semarang, 03 August 2018



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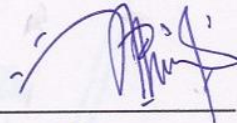
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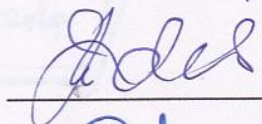
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MOTTO AND DEDICATION

“So verily, in every difficulty there is a relief.” (Qur’an 94:5)

“Allah is close to you, He rewards everything you do as long as you do it for the sake of Him” (Nurul Karimah)

This final project is dedicated with affection, love and gratitude to:

- My beloved parents Bapak Achmad Soleh and Ibu Aida Choiroh
- My lovely siblings Lailatul Khoiriah and Muhamad Aziz
- My wonderful classmates
- All my good friends
- Someone who was like a trial for me, eventually gave me a lesson of life, made me stronger by these trials, though it was a blessing then, because I could have learnt and took it as lesson after the hard time, always be my habibi, Ahmed Ramadan

ABSTRACT

Karimah, Nurul. 30801400181. Pi's Defense Mechanism in Coping His Anxieties as Portrayed in Yann Martel's Novel *Life of Pi*. Advisor: Destary Praptawati, S.S., M.Hum.

This study analyzes a work concerning psychological development. The research attempts to find out the experience of someone's psychology through literary work. Thus, this study elaborates the experience of Pi in Yann Martel's novel which relates to psychological aspect. This final project examines the anxiety and defense mechanism of the main character.

This study uses qualitative types in descriptive form. All of the data are gathered by reading the novel, identifying, classifying, and reducing the data. The primary data of the study are in the form of monologues and dialogues of the novel itself. The primary data is supported by secondary data that is taken from books, journals, articles, essays, and sites that relate to the study. The selected data is interpreted into understandable meaning by descriptive technique.

The result of the study finds that Pi experiences three kinds of anxiety in everyday life. They are realistic anxiety, neurotic anxiety, and moralistic anxiety. Realistic anxiety is translated as dangerous situation of the real object. Neurotic anxiety could be triggered by superior person that someone gets pressure from them. While moralistic anxiety is happened when someone harms his or her own conscience, or moral standard. In order to cope the anxieties, Pi uses several defense mechanisms which are repression, denial, rationalization, fixation, sublimation, reaction formation, and regression. The result of the study finds in the conclusion that anxiety sometimes cannot be reduced with only one defense mechanism but several defense mechanisms would cope one of anxiety.

Keywords: Anxiety, Defense Mechanism, Psychological Development.

INTISARI

Karimah, Nurul. 30801400181. Mekanisme Pertahanan Pi dalam melindungi Kecemasan-kecemasannya seperti tergambar dalam Novel milik Yan Martel *Life of Pi*. Pembimbing : Destary Praptawati, S.S., M.Hum.

Studi ini menganalisis sebuah hasil karya berhubungan dengan perkembangan psikologi. Penelitian ini mencoba untuk menemukan pengalaman psikologi seseorang melalui karya sastra, Oleh karena itu, studi ini menguraikan pengalaman dari karakter bernama Pi dalam novel Yann Martel, yang mana berkaitan dengan aspek psikologi. Tugas akhir ini membahas kecemasan dan mekanisme pertahanan dari si karakter utama.

Studi ini menggunakan tipe kualitatif dalam bentuk deskriptif. Semua data dikumpulkan dengan cara membaca novel, mengidentifikasi, mengklasifikasi, dan mereduksi data. Data utama dari studi ini adalah dalam bentuk monolog dan dialog dari novel itu sendiri. Data utama di dukung oleh data tambahan yang mana didapatkan dari banyak buku, jurnal, artikel, esai dan situs yang berkaitan dengan studi. Data yang terpilih dijelaskan kedalam pengertian yang mudah dipahami melalui teknik diskriptif.

Hasil studi ini menemukan Pi mengalami tiga macam kecemasan dalam kehidupan sehari-hari yaitu kecemasan nyata, kecemasan, neurotik dan kecemasan moral. Kecemasan nyata dijelaskan sebagai situasi berbahaya dari suatu objek nyata. Kecemasan neurotik dapat muncul melalui orang yang dianggap lebih berkuasa, yang mana seseorang mendapatkan tekanan dari orang-orang tersebut. Sementara kecemasan moral terjadi ketika seseorang menyakiti hati nuraninya atau melanggar standar moralnya sendiri. Dalam menghilangkan kecemasan, Pi menggunakan beberapa mekanisme pertahanan yaitu represi, penyangkalan, rasionalisasi, fiksasi, sublimasi, reaksi formasi, dan regresi. Hasil dari studi ini menyimpulkan bahwa terkadang kecemasan tidak dapat dihilangkan hanya dengan satu mekanisme pertahanan saja tetapi beberapa mekanisme pertahanan akan mengurangi satu jenis kecemasan.

Kata Kunci: Kecemasan, Mekanisme Pertahanan, Perkembangan Psikologi

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Finally, I would like to thank everybody who has important role to the successful realization of this final project. This study is far from perfectness, but it is expected that it will be useful for me and the readers. For this reason, critics and suggestion are welcomed.

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Nurul Karimah

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