

## APPENDICES

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

#### 1. Anxieties Experienced By Pi in *Life Of Pi* Novel

No	Data	Form of Data	Page	Answering Problem	Comment	Reference
1	I ran up the stairs. I got to the main deck. The weather isn't entertaining any more. I was more afraid. Now it was plain and obvious: the ship was listing badly. And it wasn't level the other way either. There was noticeable incline	Monologue	103	1	The fear towards a real object that would approach could irritate someone's feeling. The fear feeling of Pi because he would meet dangerous object is called realistic anxiety. Pi feels afraid the ship is going to sink into the sea as the real object of his fear. It is the first time for Pi to go through	Realistic anxiety refers to real objects that usually individuals don't perceive as anxiety but as fear (Strongman 4).

	<p>going from bow to stern. I looked overboard. The water didn't look to be eighty feet away. The ship was sinking. My mind could hardly conceive it. It was unbelievable as the moon catching fire.</p>				<p>the ocean by a cargo ship. Almost every day the ship hits by a storm and runs into huge wave. There is a terrible storm occurs at the moment. Pi hears an explosion that makes him waking up and exploring the ship. Pi walks out onto the ship's deck. He finds he feels afraid when he knows the cargo ship is listing. In fact, the ship is going to sink that makes him terribly afraid. He fears if the ship sinks, he would sink too. To be sinking in the ocean is the real object of Pi's fear.</p>	
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2	<p>After a while I made good use of the lifebuoy. I lifted it out of the water and put the oar through its hole. I worked it down until the ring was hugging me. Now it was only with my legs that I had to hold on. If Richard Parker appeared, it would be more awkward to drop from the oar, but one terror at a time, Pacific before tiger.</p>	Monologue	107	1	<p>It is Freudian concept that someone's id could go into unconscious mind. He or she may be not aware of that mental process that lies behind his or her behavior, but the anxiety could be found in the unconscious process. Pi prefers to hang his legs on the lifebuoy than giving up to let himself drowning into the sea. It shows Pi's effort to fulfill his id. Pi's behavior which he struggles to fulfill his id comes together with his anxiety. His effort to survive by avoiding the dangerous objects proves an</p>	<p>The unconscious contains drives or instincts beyond of someone awareness but it could be known through his words, feeling and actions, as like Freud illuminated unconscious process goes to censor blocking the passage between the unconscious and preconscious and preventing unwanted anxiety that produces dreadful memories from entering awareness. Unconscious process could enter into consciousness after being</p>
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					undesirable anxiety is experienced by Pi but it doesn't show directly because his anxiety lies in unconscious process.	disguised to elude censorship. (24)
3	I considered jumping overboard and swimming away, but my body refused to move. I was hundreds of miles from landfall, if not over a thousand miles. I couldn't swim such a distance, even with a lifebuoy. What would I eat? What would I drink? How would I keep warm? How	Monologue	147	1	When someone is experienced anxiety, a person may feel vaguely terrible feeling of anxious, though a person is conscious to the real object. Pi's worries and fears encounter anxiety described in the statement that Pi is wondering whether he could survive from the ocean or not. In the lifeboat Pi is alone except with a man-eating tiger, but he also couldn't	Freud emphasized an unpleasant physical sensation that warns people against approaching danger is known as anxiety, and it comes vaguely to someone's feeling, yet anxiety itself is felt (qtd in. Feist 33).

	<p>would I know which way to go? There was not a shadow of doubt about the matter: to leave the lifeboat meant certain death. But what was staying aboard? He would come at me like a typical cat,without a sound.</p>			<p>leave the lifeboat and then swim in the ocean. Pi makes many possibilities that could happen to him if he leaves the lifeboat and if he stays with Richard Parker. His thought makes him suffering dreadful feeling as well. It clearly shows Pi is worried if he chooses to leave the lifeboat means there is nothing guarantees him to save from the ocean, but if he prefers to stay in the lifeboat he could be attacked by the tiger. Pi is too afraid either to leave, or stay in the lifeboat. The unpleasant state of Pi that he is surrounded by real</p>	
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					dangerous object obviously showed.	
4	I spent the whole night shivering with cold. I worried constantly that the raft would come apart, that the knots holding me to the lifeboat would become loose, that a shark would attack. With my hands I checked the knots and lashings incessantly, trying to read them the way a blind man would read Braille.	Monologue	157	1	Both Strongman and Feist agreed that unspecific fearful object is considered as realistic anxiety. Therefore, afraid of wild animal also includes realistic anxiety like Pi's doings by checking his raft every night. Pi finds there are sharks that swim around under the lifeboat sometimes in the afternoon. Pi fears if he is sleeping, a shark would attack under his raft. Even though the lifeboat and raft are tethered to make him safe from Richard Parker when he is	According to Strongman directly explained realistic anxiety often refers to fear than anxiety (4). <i>Theories of Anxiety</i> journal also points to the fear feeling itself which is called realistic anxiety. Realistic anxiety is dreadful sensation because of possible danger for instance experience while driving in heavy rain that makes afraid of car accident which is the situation is completely real

					sleeping, still the raft is not guaranteed him safe from a shark. He is afraid of many things, such as a shark bites the rope, or a knot to become undone, or a large wave crashes upon him.	to objective danger (Feist 34).
5	My Roman Soldier stood in the schoolyard one morning when I was twelve. I had just arrived. He saw me and a flash of evil genius lit up his dull mind. He raised his arm. Pointed at me and shouted, "It's <i>Pissing Patel!</i> " In a second everyone was	Monologue	20	1	The fear feeling of being overwhelmed from the excessive impulse is known as neurotic anxiety. These feelings often come with fear of punishment from authority figure. Pi gets it when he is kid that lives in Pondicherry, India. Pi's full name is Piscine Moritol Patel, the name of a well-known swimming pool in	Feist illustrated when people experience neurotic anxiety in the presence of superior persons like teacher, or employer image because they have experienced unconscious feelings of disfigurement against one or other persons (34).

	laughing. It fell away as we field into the class. I walked in last, wearing my crown of thorns.				France. He does not feel happy with his name. The fact that one of his friends mocks him by addressing a call name 'Pissing'. This friend ridicules Pi in front of other friends. Pi obviously receives verbal bullying by him, and also he must feel unpleasant feeling because of it. While it happens more often every time he goes to school and meets this superior friend.	
6	Alas, the sense of community that a common faith brings to a people spelled trouble of me. In time,	Monologue	64	1	Pi tells about people respond towards his religious doings that creates him feeling nervous, and he would feel afraid if his parents know	Neurotic anxiety is fear of being overwhelmed by impulses from the id that it is the Latin word means nervous (Boeree 7).



	<p>my religious doings went from the notice of those to whom it didn't matter and only amused, to that of those to whom it did matter and they were not amused. "What is your son doing going to temple?" asked the priest.</p> <p>"Your son was seen in church crossing himself," said the imam.</p> <p>"Your son has gone Muslim," said the pandit.</p>				<p>about it. People do not give a good respond when they get to know Pi literally practices three religions instead it becomes a matter for them. Pi expresses he does not like people against his belief and does not happy when people tell his parents the truth while he hides it from them. In fact the id of Pi is to keep practicing three religions without nobody takes it as a matter, in the contrary people take it as a matter. Thus it makes Pi feels the dreadful feeling of nervous leading to neurotic anxiety.</p>	
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	<p>Yes, it was all forcefully brought to the attention of my bemused parents. You see, they didn't know. They didn't know that I was a practicing Hindu, Christian, and Muslim.</p>					
7	<p>Pi's teacher named Mr. Kumar does not believe in God. Pi contemplates "I was more afraid that in a few words thrown out he might destroy something that I loved. What if his words had the effect of polio on</p>	Monologue	28	1	<p>Everyone has the superego that is translated as his own moral standard to prevent him to do inappropriate behavior. He may feel bad to himself if he is conscious doing it. Like Pi would feel morally wrong of conscience if he is doubt to God. It means it leads him to not</p>	<p>One of subsystems of superego is conscience; conscience results from experiences for inappropriate behavior and tells what individual shouldn't do (Feist 30) The study of moral psychology illuminates that moral anxiety is the</p>

	me? What a terrible disease that must be if it could kill God in a man”				believe in God. Pi perceives he shouldn't be doubt and disbelieve in God. If he feels like that by thinking God doesn't exist, it should be a wrong thought. Thus Pi's superego acts to dismiss his curiosity that makes him preventing the ego goes to reality.	result of moral emotions; it produces the feeling of shame, guilt and remorse. (Lyons 487).
8	They brought me comfort, that is certain. But it was hard, oh, it was hard. Faith in God is an opening up, a letting, a deep trust, a free act of love but sometimes it was so hard to love.	Monologue	208-209	1	Losing mind is one of behavior that indicates to moralistic anxiety. Pi feels comfort when he makes religious rituals, but he also feels anxious because Pi finds hard to always have faith in God as beforehand. Pi admits his condition could	Moralistic anxiety describes the feeling about to lose control, temper rationality, and losing mind (Boeree 7).

	<p>Sometime my heart was sinking so fast with anger, desolation and weariness, I was afraid it would sink to the very bottom of the Pacific and I would not be able to lift it back up.</p>				<p>make him to lose God. For Pi, have no faith is inappropriate behavior. That's the reason he is afraid if his anger and misery would make him to lose his faith. At the moment Pi deals with moral emotion that he loses control of himself.</p>	
9	<p>Several times I started bringing the hatched down, but I couldn't complete the action. Such sentimentalism may seem ridiculous considering what I had witnessed in the last days, but those were</p>	Monologue	183	1	<p>Individuals do not always get punished physically from society. Sometimes they get punish from themselves because they have done something wrong morally. It also indicates Pi's guilty feeling because he considers killing the fish is an</p>	<p>Moralistic anxiety matters to moral decision of individual that the correctness or incorrectness of his action is contemplating, whether he or she would have punishment from society or conscience (Kurth 181).</p>

<p>the deeds of others, of predatory animals . . .</p> <p>The more I pressed, the more the fish struggled. I imagined what it would feel like if I were wrapped in a blanket and someone were trying to break my neck. I was appalled. I gave up a number of times. Yet I knew it had to be done, and the longer I waited, the longer the fish's suffering would go on.</p>			<p>inappropriate manner. Pi describes his sentimentalism because he feels guilty to kill the fish. He couldn't bear the anxiety of killing the fish. Thus Pi feels sorry to himself for killing the fish.</p>	
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**2. Pi's defense mechanisms in coping his anxieties portrayed in *Life of Pi* novel**

No	Data	Form of Data	Page	Answering Problem	Comment	Reference
1	“A shiver of cold went through me. I decided it was a storm after all. Time to return to safety. I let go, hotfooted it to the wall, moved over and pulled open the door”	Monologue	103	2	According to Feist, unconscious is repressed thought of drives, urges, and instinct. The id which is not satisfied by the ego will create anxiety, and then stimulate repression to reduce the anxiety. Pi uses decides to ignore the dangerous sign about the ship. Pi feels there is no need to worry with the ship that makes him anxious. He fears with the situation in the ship that leaves distressing thoughts. Pi tries to remove his painful feeling and	Feist briefly explained that when the ego is threatened by undesirable id impulses, it protects itself by repressing those impulses, the process is forcing threatening feelings into the unconscious (35).

					distressing thoughts from his mind because it creates too much tension. In that process, Pi represses the anxiety into the unconscious.	
2	<p>“Where were the officers and the crew? What were they doing? Towards the bow I saw some men running in the gloom. I thought I saw some animals too, but I dismissed the sight as illusion crafted by rain and shadow”</p>	Monologue	104	2	The threatening feeling can't be totally reduced by repressing it into the unconscious with the id, instead it may come into the conscious. Pi cannot bear his anxiety of being fear to the ship because his fear creates too much tension. Pi is again repressing his anxiety that previously it goes into the unconscious, and then the second repression goes into the conscious. Pi is getting	First, the impulses may remain unchanged in the unconscious. Second, they could force their way into consciousness in an unaltered form, in which case they would create more anxiety than the person could handle. A third and much more common fate of repressed drives is that they are expressed in displaced or

					more anxious when he finds out the ship is going to sink. He realizes he is approaching to danger. He sees the animals hanging around the ship, but he assumes it as illusion. This occurrence shows Pi's impulse already came into the conscious. He gets overwhelmed anxiety that makes his anxiety comes into the conscious too.	disguised forms. (Feist 35)
3	I was giving up. I would have given up if a voice hadn't made itself heard in my heart. The voice said "I will not die. I refuse it. I will make it	Monologue	148	2	Denial of defense mechanism is like repression, but denial is strongly felt by individual. Pi is aware with the danger and technically he feels almost	Denial or refusal is the opposite of acceptance from irritating feeling especially threatening reality (Gökdag 3).



	<p>through this nightmare. I will beat the odds, as great as they are. I have survived so far, miraculously. Now I will turn miracle into routine. The amazing will be seen every day. I will put in all the hard work necessary. Yes, so long as God is with me, I will not die, Amen”.</p>			<p>impossible to stay alive, but he refuses about the reality. He believes he can survive from his poor situation. The voice comes from himself. He feels he may die in the ocean because no one helps him, but later he rejects his thought about death. He believes as long as he believes in God, God will not let him die and will help him. This is the denial action of Pi to reduce his realistic anxiety. Pi attempts to comfort his mind that he would possibly stay alive as long as he keeps believe in God.</p>	
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4	<p>They didn't know that I was a practicing Hindu, Christian, and Muslim. Teenagers always hide a few things from their parents, isn't that so? All sixteen-year-olds have secrets, don't they? It was a lovely, breezy, hot Sunday afternoon and the Bay of Bengal glittered under the blue sky. Townspeople were out for a stroll. Children screamed and laughed. Colored balloons floated in the air. Ice cream sales were brisk. Why think of business</p>	Monologue	64	2	<p>This is a strong refusal through the act towards the real conflict that is not only repressing the irritating feeling but also trying hard to avoid it. This situation describes the reason Pi hides his three religions from his parents because people assumes following three religions is not right. People take Pi's beliefs as a matter. Pi is not amused to know people responds about his religious doings. Pi rejects people opinions about his religious doings shouldn't be a big problem for anyone. Thus, Pi's denial action is</p>	<p>Denial is like repression which is common to use for reducing anxiety but the characteristic is back to childhood development which is ignorance, moreover denial is refusal of accepting reality or fact that someone may act as if painful or threatening reality (Grohol 1).</p>
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	<p>on such a day. I ask? Why couldn't they have just walked by with a nod and a smile?</p>				<p>ignoring them and enjoying his life without worrying about what people think toward his beliefs.</p>	
5	<p>"I don't see why I can't be all three. Mamaji has two passports. He's Indian and French. Why can't I be a Hindu, a Christian and a Muslim?" "That's different. France and India are nations in earth." "How many nations are there in the sky?" "She thought for a second. "One. That's the</p>	Dialogue	73-74	2	<p>Making excuse to someone's behavior that makes him feels anxiety is called rationalization. It happens in the dialogues between Pi and his mother. Pi's mother doesn't agree that a person could have more than one religion. Someone should choose one religion. However, Pi believes that there is no wrong to be a Hindu, Christian or Muslim in the same time. Pi explains it to his mom using an</p>	<p>Rationalization is when individual tries to find acceptable reason of what they do. This mechanism protects individuals from anxiety because of their own deficient (Griggs 282).</p>

	<p>point. One nation, one passport.”</p> <p>“One nation in the sky?”</p> <p>“Yes. Or none. There’s that option too, you know. These are terribly old-fashioned things you’ve taken to.”</p> <p>“If there’s only one nation in the sky, shouldn’t all passports be valid for it?”</p> <p>A cloud of uncertainty came over her face.</p>			<p>illustration that a person can have more than one passport. The passport illustrates as religion. It means Pi assumes a person can have more than one religion. Pi adds if the nation is like the heaven which is there is only one place that people want to reach, so it doesn’t matter if a person can reach the nation although he or she has some passports that it means having some religions. Eventually, Pi excuses that his thought about practicing more than one religion is not wrong. He insists his reason to follow three religions is</p>	
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					acceptable. His explanation about having three religions proves that Pi is trying to rationalize his opinion about religion is right.	
6	I'll be honest about it. It is not atheists who get stuck in my craw, but agnostics. Doubt is useful for a while. We must all pass through the garden of Gethsemane. If Christ played with doubt, so must we. If Christ spent an anguished night in prayer, if He burst out from the Cross, "My God, my God, why have	Monologue	28	2	Being rational means being objective. Pi thinks objectively towards himself that he feels anxiety when he doubts the God. Thus he is afraid to leave God like Mr. Kumar, since Pi's superego dictates him to not be doubt to God. To be doubt to God is against his conscience that triggers the moralistic anxiety in him. Pi admits there is a doubt in each individual regarding to the	Rationalization is when individual tries to find acceptable reason of what they do. This mechanism protects individuals from anxiety because of their own deficient (Griggs 282).

	<p>you forsaken me?” then surely we are also permitted doubt. But we must move on. To choose doubt as a philosophy of life is akin to choosing immobility as a means of transportation.</p>				<p>existence of God. Pi also admits that he also has ever being doubt to God for some moments, but Pi also considers his doubt feeling is permitted. For him the doubt feeling is permissible for each individual as long as he turns again to believe in God. He perceives feeling doubt to God must be temporary, because he must think philosophically that God is exist. He thinks that the doubt feeling to God for some moments is normal.</p>	
7	<p>One of my favorite methods of escape was what amounts to gentle</p>	<p>Monologue</p>	<p>236-237</p>	<p>2</p>	<p>In fixation someone takes pause for moments when they find overwhelmed</p>	<p>.Feist briefly explained in the process of psychologically growing</p>

	<p>asphyxiation. I used a piece of cloth that I cut from the remnants of a blanket. I called it dream rag. I wet it with sea water so that it was soaked but not dripping. I lay comfortably on the tarpaulin and I placed the dream rag on my face, fitting it to my features . . . the dryness of the rag was part proof. But more than that was the feeling that things were different, than the present moment was different from the</p>			<p>impulse of anxiety. Pi derives a pleasure to take a pause by putting a wet fabric on his face. Pi gets attached to an object and stuck onto it in order to relieve his uneasy feeling. Pi tries to reduce the anxiety to keep him staying cool down in dangerous situation. He settles down for a nap and imagines himself to visit extraordinary dreams, visions, and thoughts. At the moment, Pi fully remains to pausing moment.</p>	<p>up someone should not experience stressful and anxious moments instead he or she would have anxiety, and to reduce it would remain at the present moment or remain stuck in order to get comfortable feeling (36).</p>
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	previous moment.	present				
8	<p><i>My Name is Piscine Molitor Patel, known to all as</i></p> <p>I double underlined the first two letters of my given name-</p> <p><i>Pi Patel</i></p> <p>For good measure I added</p> <p><math>\Pi = 3,14</math></p> <p>and I drew a large circle, which I then sliced in two with a diameter, to evoke that basic lesson of geometry.</p> <p>There was a silence. The teacher was staring, at</p>	Monologue	22- 23	2	<p>Pi protects his ego from anxiety through creative action. Pi cannot bear anxiety of being ridiculous in the school. Pi decides to make a great nick name in order to his friend would not ridicule him again. Pi is capable against his neurotic anxiety by combining social accomplishments and personal pleasure.</p>	<p>Sublimation is the displacement form which replaces unwanted impulse into a creative cultural accomplishments substituting to social aim (qtd in.Feist 38).</p>



	the board. I was holding my breath. The he said, "Very well, Pi. Sit down. Next time you will ask permission before leaving your desk."					
9	At such moments I tried to elevate myself. I would touch the turban I had made with the remnants of my short and I would say aloud "THIS IS GOD'S HAT!"  I would pat my pants and say aloud, "THIS IS GOD'S ATTIRE!"	Monologue	209	2	Instilling positive thought and taking the opposite action of negative thought is used to reduce anxiety which is known as reactive behavior. The data shows that is Pi in the condition of helpless and despair to the happening. Pi attempts to reduce his bad feeling to the God by shouting a positive thought. He tries to comfort	Reactive behavior can be identified by its exaggerated expression of emotions to opposite feeling which is the behavior are obsessive and compulsive form (qtd in. Feist 35).  He also elaborated that someone who experiences unconsciously negative

<p>I would point to Richard Parker and say aloud, "THIS IS GOD'S CAT!"</p> <p>I would point to the lifeboat and say aloud, "THIS IS GOD'S ARK!"</p> <p>I would spread my hands wide and say aloud, "THESE ARE GOD'S WIDE ACRES!"</p> <p>I would point at the sky and say aloud, "THIS IS GOD'S EAR!"</p> <p>And this is way I would remind myself of</p>			<p>himself from a negative impulse of doubting God. He refuses becoming pessimist man instead elevating himself to get stronger by reacting contrary.</p>	<p>impulse or thought would react to opposite way in order to avoid anxiety (Freud 3).</p>
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	creation and of my place in it.					
10	Tears flowing down my cheeks, I egged myself on until I heard a cracking sound and I no longer felt any life fighting in hands. I pulled back the folds of the blanket. The flying fish was dead. It was split open and bloody on one side of its head, at the level of the gills. I wept heartily over this poor little deceased soul. It was the sentient being I had ever killed. I	Monologue	183	2	Regression is kind of strategy which tries to reduce anxiety by placing an individual in primary stage means going back to the past moment respond. A sensation of being guilty to kill a fish is because of against his conscience. Pi experiences moralistic anxiety because he does something that he should not do. That is the reason Pi has emotional feeling. Emotional moment by falling to tears after he kills the fish is to comfort him. As	When the individual stands in the earlier developmental will return to thoughts, feelings, and behaviors as used to back then. It is commonly visible in children behavior (Feist 36).

	was now killer. I was now as guilty as Cain.				explained above about regression that crying is also behavior belongs to children, yet adults could cry to reduce anxiety.	
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