

## APPENDICES

### THE ESSENCE OF DEFENCE MECHANISM AS A MEDIUM OF OVERCOMING HESTER'S ANXIETY IN SCARLET LETTER NOVEL BY NATHANIEL HAWTHORNE

1. What are Hester Prynne's anxieties depicted in Scarlet Letter novel?

No	Data	Form Of Data	Page	Comment	References
1.	When the young woman—the mother of this child—stood fully revealed before the crowd, it seemed to be her first impulse to clasp the infant closely to her bosom; not so much by	Monologue	80	Individuals are not always punished physically from the community. Sometimes they get	Moralistic anxiety matters to moral decision of individual that the correctness or incorrectness of his

	<p>an impulse of motherly affection, as that she might thereby conceal a certain token, which was wrought or fastened into her dress.</p>		<p>it from punishing themselves because they did something wrong morally. It is shown by Hester's guilty felling because she realize have affair and have child is the big sin. Hester feel her guilty and try to cover her sinner sigh in her chest, no matter how she is hurt her child.</p>	<p>action is contemplating, whether he or she would have punishment from society or conscience (Kurth 181).</p>
--	---	--	--	---

				<p>She could not bear her anxiety even with her smile society still look her as a sinner.</p>	
2.	<p>She saw her own face, glowing with girlish beauty, and illuminating all the interior of the dusky mirror in which she had been won't to gaze at it.</p> <p>There she beheld another countenance, of a man well stricken in years, a pale, thin, scholar-like visage, with eyes dim and bleared by the lamp-light that had served them to</p>	monolog	89	<p>The monologue can be seen if Hester's concern arises when she sees someone from the mirror.</p> <p>Someone she knows who makes him think and daydream.</p> <p>His concern is</p>	<p>Realistic Anxiety is an unpleasant feeling that could involve a real possible danger. (Feist &amp; Feist, 2008:34)</p>

<p>pore over many ponderous books. Yet those same bleared optics had a strange, penetrating power, when it was their owner's purpose to read the human soul. This figure of the study and the cloister, as Hester Prynne's womanly fancy failed not to recall, was slightly deformed, with the left shoulder a trifle higher than the right. Next rose before her in memory's picture-gallery, the intricate and narrow thoroughfares, the tall, grey houses, the huge cathedrals, and the public edifices, ancient in date and</p>			<p>illustrated by the way the Hester imagines her past</p>	
---	--	--	--	--

<p>quaint in architecture, of a continental city; where new life had awaited her, still in connation with the misshapen scholar: a new life, but feeding itself on time-worn materials, like a tuft of green moss on a crumbling wall.</p> <p>Lastly, in lieu of these shifting scenes, came back the rude market-place of the Puritan, settlement, with all the townspeople assembled, and levelling their stern regards at Hester Prynne—yes, at herself—who stood on the scaffold of the pillory, an infant on her arm, and the letter A, in scarlet,</p>				
--	--	--	--	--

	fantastically embroidered with gold thread, upon her bosom				
3.	He was small in stature, with a furrowed visage, which as yet could hardly be termed aged. There was a remarkable intelligence in his features, as of a person who had so cultivated his mental part that it could not fail to mould the physical to itself and become manifest by unmistakable tokens. Although, by a seemingly careless arrangement of his heterogeneous garb, he had		91	George and Feist have same opinion that fearful object is considered to realistic anxiety. Therefore afraid with someone also includes of realistic anxiety because the person is the object of fear, like Hester Prynne her feeling	According to George Boeree directly explain Realistic anxiety, which you and I would call Fear. (Borrooe,7) Theories of anxiety journal also highlight the felling of fear can refers to realistic anxiety Realistic anxiety is closely

	endeavoured to conceal or abate the peculiarity, it was		defective when she saw someone who Hester recognize. She describe her fear when she saw a face that she is recognize she saw her husband that she think he will not back again to see her. She is doing something out of her awareness; she is not care to her child, in her mind she only	related to fear. It is defined as an unpleasant, nonspecific feeling involving a possible danger. For example, we may experience realistic anxiety while driving in heavy, fast-moving traffic in an unfamiliar city, a situation fraught with real, objective danger.. (Feist, 2008:34)
--	---	--	--	--

				fear of sin to her husband.	
4.	While this passed, Hester Prynne had been standing on her pedestal, still with a fixed gaze towards the stranger—so fixed a gaze that, at moments of intense absorption, all other objects in the visible world seemed to vanish, leaving only him and her. Such an interview, perhaps, would have been more terrible than even to meet him as she now did, with the hot mid-day sun burning down upon her face, and lighting up its		96	Hester very realistic anxiety can be seen from the monologue .It was described as it fell apart from one way of hester made her husband fears over the real object .Fears over the clear when hester embraced the baby this menunjukan	Theories of Anxiety 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



	shame; with the scarlet token of infamy on her breast;			that he or she really scared	driving in heavy rain that makes afraid of car accident which is the situation is completely real to objective danger (Feist 34).
5.	But, out of the whole human family, it would not have been easy to select the same number of wise and virtuous persons, who should he less capable of sitting in judgment on an erring woman's heart, and disentangling its mesh of good and evil, than the sages		98	On the verdict stage the Hester was surrounded by an important person in Boston waiting for what punishment she would get. She	The second type of anxiety is neurotic anxiety; it is a fear of punishment which is received if a person satisfying the instinct in their own way, he/she

<p>of rigid aspect towards whom Hester Prynne now turned her face. She seemed conscious, indeed, that whatever sympathy she might expect lay in the larger and warmer heart of the multitude; for, as she lifted her eyes towards the balcony, the unhappy woman grew pale, and trembled.</p>		<p>reacted the fear of punishment with a pale and trembling face. As Schlutz mention neurotic anxiety is the fear of punishment and according to the Feist he describes neurotic anxiety as fear of the punishment by people who are considered more</p>	<p>believes would reap the punishment. (Schultz &amp; Schultz, 2017:47). 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</p>
---	--	--	---

				experienced.	(34).
6.	Without further expostulation or delay, Hester Prynne drained the cup, and, at the motion of the man of skill, seated herself on the bed, where the child was sleeping; while he drew the only chair which the room afforded, and took his own seat beside her. She could not but tremble at these preparations; for she felt that—having now done all that humanity, or principle, or, if so it were, a refined cruelty, impelled him to do for the		106	Fear nor have they cause Hester against her husband the curse is very high because it a feeling of guilty and also come assistance from your lord herself if her accuser revenge .From monologue reflected the bank sound	Theories of Anxiety 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

	relief of physical suffering—he was next to treat with her as the man whom she had most deeply and irreparably injured.			assets, realistic anxiety to pick up as reflected clear because the formula used Hester feel threatened to danger which is both her husband .	driving in heavy rain that makes afraid of car accident which is the situation is completely real to objective danger (Feist 34).
7.	It might be, too—doubtless it was so, although she hid the secret from herself, and grew pale whenever it struggled out of her heart, like a serpent from its hole—it might be that		120	Hester fear she felt about himself what he wants to uncover a thruth she described it like a	Moral anxiety is the feeling of fear that a person will be internally punished (by feeling of guilty) if the

<p>another feeling kept her within the scene and pathway that had been so fatal. There dwelt, there trode, the feet of one with whom she deemed herself connected in a union that, unrecognised on earth, would bring them together before the bar of final judgment, and make that their marriage-altar, for a joint futurity of endless retribution. Over and over again, the tempter of souls had thrust this idea upon Hester's contemplation, and laughed at the passionate and desperate joy with which she seized,</p>			<p>snake who want to get out of the hole it makes her, feel moralistic anxiety and punish herself by not telling the truth because his fear of punishment.</p>	<p>superego values disturbed (Olson &amp; Hargenhahn, 2011:60).</p>
---	--	--	--	---

	and then strove to cast it from her.				
8.	If spoken to, she would not speak again. If the children gathered about her, as they sometimes did, Pearl would grow positively terrible in her puny wrath, snatching up stones to fling at them, with shrill, incoherent exclamations that made her mother tremble, because they had so much the sound of a witch's anathemas in some unknown tongue.		140	A significant at Hester when he saw his son stone in the other children made him fear and when he spoke he considers her child as a right to be feared.	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 to objective danger (Feist 34).

9.	<p>‘Mother,’ cried she, ‘I see you here. Look! look!’</p> <p>Hester looked by way of humoring the child; and she saw that, owing to the peculiar effect of this convex mirror, the scarlet letter was represented in exaggerated and gigantic proportions, so as to be greatly the most prominent feature of her appearance. In truth, she seemed absolutely hidden behind it.</p> <p>Pearl pointed upwards also, at a similar picture in the head-piece; smiling at her mother, with the elfish intelligence that was so familiar an</p>		140	<p>Hester fear the children will be like a typical kid hearts</p> <p>Hester always fear she often lose his mind to imagine if their children a monster.</p>	<p>Moralistic anxiety describes the feeling about to lose control, temper rationality, and losing mind (Boeree 7)</p>
----	---	--	-----	---	---

	<p>expression on her small physiognomy.</p> <p>That look of naughty merriment was likewise reflected in the mirror, with so much breadth and intensity of effect, that it made Hester Prynne feel as if it could not be the image of her own child, but of an imp who was seeking to mould itself into Pearl's shape.</p>				
10	<p>and still a third time.</p> <p>‘What does the letter mean, mother? and why dost thou wear it? and why does the minister keep his hand over his heart?’</p>		271	<p>Hearts Hester want to tell the truth to their children what does the mark and yet the on the mother</p>	<p>Moralistic anxiety describes the feeling about to lose control, temper rationality, and losing</p>



	<p>‘What shall I say?’ thought Hester to herself. ‘No! if this be the price of the child’s sympathy, I cannot pay it. ‘ Then she spoke aloud—</p>		<p>not let him want to member know .The in their hearts this that brings moral anxiety .</p>	<p>mind (Boeree 7)</p>
--	---	--	--	------------------------

2. How are the portrayal of Hester Prynne's defense mechanisms used in order to overcome her anxieties in Scarlet Letter novel?

No	Data	Form Of Data	Page	Comment	References
1.	In a moment, however, wisely judging that one token of her shame would but poorly serve to hide another, she took the baby on her arm, and with a burning blush, and yet a haughty smile, and a glance that would not be abashed, looked around at her townspeople and neighbors.	Monologue	80	Reaction Formation is the implication of a trait in which that character refers to the opposite of what she feels. As felt by Hester no matter how much she tried to cover up the sign	Concept. The concept of reaction formation involves converting a socially unacceptable impulse into its opposite. To apply this notion to esteem protection, one may propose the following: People respond to the

				<p>of defamation in her.</p> <p>She would not be able to cover it.</p> <p>Hester can only do a smile. This is done to cover up the shame that is in the Hester in the middle of society.</p>	<p>implication that they have some unacceptable trait by behaving in a way that would show them to have the opposite trait.</p> <p>Insinuations of hostility or intolerance might, for example, be countered with exaggerated efforts to prove oneself a peace-loving or tolerant person.</p> <p>(Braumester 1085)</p>
2.	Could it be true? She clutched the child so fiercely to her breast that it		90	Displacement is going on when	Displacement is the redirection of an impulse

	sent forth a cry;			Hester cover her anxiety by moving the fear of her child hold her child with tight without feeling her child crying.	onto a substitute target. If the impulse, the desire, is okay with you, but the person you direct that desire towards is too threatening, you can displace to someone or something that can serve as a symbolic substitute.  (Booroe 9)
3.	She turned her eyes downward at the scarlet letter, and even touched it with her finger, to assure herself that the infant and the shame were real.		90	Hester could think realistically realized that what happened to him is real with	Rationalizationis a defense mechanism that involves reinterpreting our behavior to make it seem more

	Yes these were her realities—all else had vanished!			the letter a in her chest that she touched she quickly realized that if it is real..	rational and acceptable to us. We excuse or justify a threatening thought or action by persuading ourselves there is a rational explanation for it. (Schultz & Schultz, 2009:62-63).
4.	Again, at the first instant of perceiving that thin visage, and the slight deformity of the figure, she pressed her infant to her bosom with so convulsive a force that the poor babe uttered another cry of pain. But the mother did not seem to hear it,		92	Displacement is a reflection of his fear be transferred to another object. And Hester back hold her child with tight even up to her son crying	Displacement is the redirection of an impulse onto a substitute target. If the impulse, the desire, is okay with you, but the person you direct that desire towards is

				and Hester applicable or act like people who do not care	too threatening, you can displace to someone or something that can serve as a symbolic substitute. (Booroe 9)
5.	She fled for refuge, as it were, to the public exposure, and dreaded the moment when its protection should be withdrawn from her. Involved in these thoughts, she scarcely heard a voice behind her until it had repeated her name more than once, in a loud and solemn tone, audible to the whole multitude.		97	A lot happened in Hester from on her husband was so of Hester. She pictured her old life, made him aware from reverie after a person called her name more than once.	Regression describes as a situation where people retreat, often when feeling stressed or under attack, to an earlier stage in their development in order to avoid or reduce anxiety (Rycroft, 1972;139).

6.	<p>Hester shook her head.</p> <p>‘Woman, transgress not beyond the limits of Heaven’s mercy!’ cried the Reverend Mr. Wilson, more harshly than before. ‘That little babe hath been gifted with a voice, to second and confirm the counsel which thou hast heard. Speak out the name! That, and thy repentance, may avail to take the scarlet letter off thy breast. ‘</p> <p>‘Never,’ replied Hester Prynne, looking, not at Mr. Wilson, but into the deep and troubled eyes of the</p>		101	<p>Hester fixed on herself to do not tell the truth . She reduce the feeling of fear of applying by saying “never” refuse in unimagivable firmly to tell you who a father from her child .</p>	<p>Denial involves blocking external events from awareness. If some situation is just too much to handle, the person just refuses to experience it. (borooe 7)</p>
----	---	--	-----	--	--

	younger clergyman.				
7.	<p>But, Hester, the man lives who has wronged us both! Who is he?’</p> <p>‘Ask me not?’ replied Hester Prynne, looking firmly into his face. ‘That thou shalt never know!’</p>		107	<p>However those around asked her to said who father from her child, Hester refused tell the truth.</p>	<p>Denial involves blocking external events from awareness. If some situation is just too much to handle, the person just refuses to experience it. (borooe 7)</p>
8.	<p>Here, she said to herself had been the scene of her guilt, and here should be the scene of her earthly punishment; and so, perchance, the torture of her daily</p>		121	<p>Hester make herself think positive if what is she doing is to glorify his soul.</p>	<p>Sublimation is the transforming of an unacceptable impulse, whether it be sex, anger, fear, or whatever, into a</p>



	<p>shame would at length purge her soul, and work out another purity than that which she had lost: more saint-like, because the result of martyrdom.</p> <p>Hester Prynne, therefore, did not flee.</p>				<p>socially acceptable, even productive form (Freud, 2016).</p>
9.	<p>Pearl felt the sentiment, and requited it with the bitterest hatred that can be supposed to rankle in a childish bosom. These outbreaks of a fierce temper had a kind of value, and even comfort for the mother; because there was at least an intelligible</p>		141	<p>The process of resistance with which was carried out by individual to be from what is bad and have been feeling frustrated .In</p>	<p>Repression is an unconscious mechanism employed by the ego to keep disturbing or threatening thoughts from becoming conscious. Feelings of guilt from the</p>

	earnestness in the mood, instead of the fitful caprice that so often thwarted her in the child's manifestations. It appalled her, nevertheless, to discern here, again, a shadowy reflection of the evil that had existed in herself.			the manner of Hester deprive of his have been feeling frustrated with non lay great stress on my if homes exacerbating an already dire his son mischievous say and she will be getting quiet	people is actually come from their thoughts. The thoughts are repressed would results the guilty itself. (Freud, 2012)
10.	Come along, Pearl,' said she, drawing her away, 'Come and look into this fair garden. It may be we		159	Hester can still think rational when she was pushed she not	Rationalization is a defense mechanism that involves reinterpreting our behavior

	<p>shall see flowers there; more beautiful ones than we find in the woods.'</p>			<p>do something bad to her child.</p>	<p>to make it seem more rational and acceptable to us. We excuse or justify a threatening thought or action by persuading ourselves there is a rational explanation for it. (Schultz &amp; Schultz, 2009:62-63).</p>
11.	<p>Silly Pearl,' said she, 'what questions are these? There are many things in this world that a child must not ask about. What know I of the minister's heart? And as for the scarlet letter, I wear it for the sake of its gold</p>		272	<p>Hester declined to say off to her child with said her child is stupid. She do that to reduce her anxiety.</p>	<p>Denial involves blocking external events from awareness. If some situation is just too much to handle, the person just refuses to</p>

	thread.'				experience it. (borooe 7)
--	----------	--	--	--	---------------------------