

CHAPTER I

INTRODUCTION

This chapter consists of introduction which consists of a background of the study, the limitation of the study, the problem formulation, the objectives of the study, the significance of the study, and the organization of the study.

A. BACKGROUND OF THE STUDY

Literature which intertwines within such fields as psychology, philosophy, sociology, history, and so on is a discipline where the language is used as a medium of expression to interpret men, culture and existence, personality and individual differences which have always been studied and discussed by writers, psychiatrist, psychologists, philosophers and artists (Aras 251)

Among the disciplines mentioned above, the researcher chooses psychology as the subject of this study. Psychology is a study of understanding human cognitive processes. It is applied to heal any human's problem related to the human mind. There is a strong correlation between literature and psychology because both of them are related to human beings and their reactions, perceptions of the world, miseries, wishes, desires, fears, conflicts, and reconciliation (Aras 251). In literature, the studying of humans also can be found through a character in literary works such as novel, movie, play and so on. A character itself defines as a person, animal, being, creature, or thing in a story. They can feel happy, angry, or lonely. Many issues are dealing with Psychology. One of them is anxiety and defense mechanism. Anxiety has long been a prevalent issue of discussion.

Every day humans are faced with various situations or circumstances that can trigger anxiety, such as unexpected exams, work deadlines, etc. People experience anxiety; it is a natural human state and a vital part of human lives. Anxiety helps people to identify and respond to danger in “fight or flight” mode. It can motivate people to face up in dealing with difficult challenges. The ‘right’ amount of anxiety can help people perform better and stimulate action and creativity. Persistent anxiety causes real emotional distress and can lead people to become unwell and, at worst, develop anxiety disorders such as phobias, panic attacks, and obsessional behaviors. At this level of anxiety can have a truly distressing and debilitating impact on human lives and impact human physical and developmental health. (Swift et al. 3)

In psychoanalytic theory by Sigmund Freud, if you feel threatened, feel overwhelmed, feel as if it was almost collapsing under the pressure of it all. This is called anxiety (Boeree 7). Anxiety defines as a significant aspect of handling a threatening environment (Rachman and Rachman 5). Anxiety is a result of the conflict of the subconscious, which is from a conflict between the impulse of id and the resistance of Ego and Superego. Anxiety is the situation or condition which can be a threat to the pleasantness of an organism, which is assumed to create a condition. As based on Sigmund Freud, anxiety is divided into three types: they are; Realistic anxiety, Neurotic anxiety and moral anxiety. Realistic anxiety is something that related to fear. It is defined as an unpleasant, nonspecific feeling involving a possible danger. Neurotic anxiety is defined as apprehension about an unknown danger. The feeling itself exists in the ego, but it originates

from id impulses. Moral Anxiety results from the conflict between the ego and the superego (Bridges 34).

People can be difficult to deal with anxiety. According to Sigmund Freud, the ego deals with the reality, the id, and the superego and when the anxiety becomes overwhelming, then the ego must protect itself by unconsciously blocking the impulses or changing them into a more acceptable and less threatening form. The techniques are called ego defense mechanisms (Boeree 7). Defense mechanism appears to reject the reality that too hard and painful. The psychological defense mechanism serves an important function by attenuating negative emotions to maintain or restore a more healthy state of mind (Lindgreen and Lindgreen 2). The principal defense mechanism identified by Sigmund Freud includes repression, reaction formation, displacement, fixation, regression, projection, introjection, and sublimation.

The issue of anxiety and defense mechanism can be found in *The Scarlet Letter* novel by Nathaniel Hawthorne. The novel tells about the Puritan Society in the seventeenth century in Boston. There are two main characters that are a beautiful woman, Hester Prynne, and a young clergyman, Arthur Dimmesdale. Hester Prynne is an adulterer, but no one knows who her partner is. Hester gets punishment from society and lives alone with her daughter in the cottage far from the townspeople. Unnoticed by the society, Arthur Dimmesdale is the partner of Hester Prynne, but Arthur hides the fact from the people. Because of that, he feels anxious in his life, especially in some conditions that relate to Hester and Puritan Society.

The day when Hester gets humiliated by society in the scaffold, Arthur comes to that place not as Hester's partner but as the clergyman who gives advice to Hester that better she tells the truth and mentions her partner and they will get punishment together but Hester refuses to tell who her partner is. Then Hester Prynne gets the scarlet letter "A" on her chest as the punishment. This is the beginning of Arthur Dimmesdale's anxiety.

Since that day till seven years of Hester's punishment, Arthur's condition is getting worse. He always feels anxious because he hides the fact if Hester is his partner and he lets Hester be punished alone. Arthur Dimmesdale's anxiety becomes the reason for his defense mechanism, which appears to reduce his anxiety.

Based on the explanation above, this study is expected to conduct a study on the psychological aspect of the main character in *The Scarlet Letter* novel using the psychoanalytic approach under the title: **ANXIETY AND DEFENSE MECHANISM OF ARTHUR DIMMESDALE AS REFLECTED IN *THE SCARLET LETTER* NOVEL BY NATHANIEL HAWTHORNE.**

B. LIMITATION OF THE STUDY

As stated before, there are two main characters in *The Scarlet Letter*, Hester Prynne and Arthur Dimmesdale. However, this study will focus on Arthur Dimmesdale character. Because the character of Arthur Dimmesdale describes anxiety and defense mechanism in *The Scarlet Letter* novel. This study will analyze anxiety and defense mechanism of Arthur Dimmesdale's character related to his anxiety in the novel.

C. PROBLEM FORMULATION

This final project focuses on answering two problems :

1. How is Arthur Dimmesdale's anxiety portrayed in *The Scarlet Letter* novel?
2. How does Arthur Dimmesdale apply defense mechanism as a way to reduce his anxiety as reflected in *The Scarlet Letter* novel.

D. OBJECTIVES OF THE STUDY

There are two objectives of this study, as follows :

1. To explain the anxiety of Arthur Dimmesdale in *The Scarlet Letter* novel.
2. To explain the defense mechanism of Arthur Dimmesdale's character dealing with his anxiety in *The Scarlet Letter* novel.

E. SIGNIFICANCE OF THE STUDY

This study will give the readers a deep understanding of *The Scarlet Letter* by Nathaniel Hawthorne, especially the character of Arthur Dimmesdale. This study also gives the readers information about the anxiety and defense mechanism of Arthur Dimmesdale character as the major character in the novel and to get an understanding of the issue of anxiety, including defense mechanism as the effect of anxiety.

F. ORGANIZATION OF THE STUDY

This final project is divided into five chapters. Chapter one is systematically organized in the subchapters. The subchapters include the background of the

study, the limitation of the study, problem formulation, objective of the study, the significance of the study, and outline of the study. Chapter two consists of synopsis and review of related literature, which is the Psychoanalytic Approach by Sigmund Freud; Personality Theory, which is Anxiety and Defense Mechanism. Chapter three is the Research Method consists of Types of Research and Data Organizing. Chapter four consists of Findings and Discussions, whereas chapter five consists of Conclusions and Suggestions.