

STELLA GRANT’S DEFENSE MECHANISM IN COPING ANXIETY

DEPICTED IN RACHAEL LIPPINCOTT

“FIVE FEET APART” NOVEL (2018)

A FINAL PROJECT



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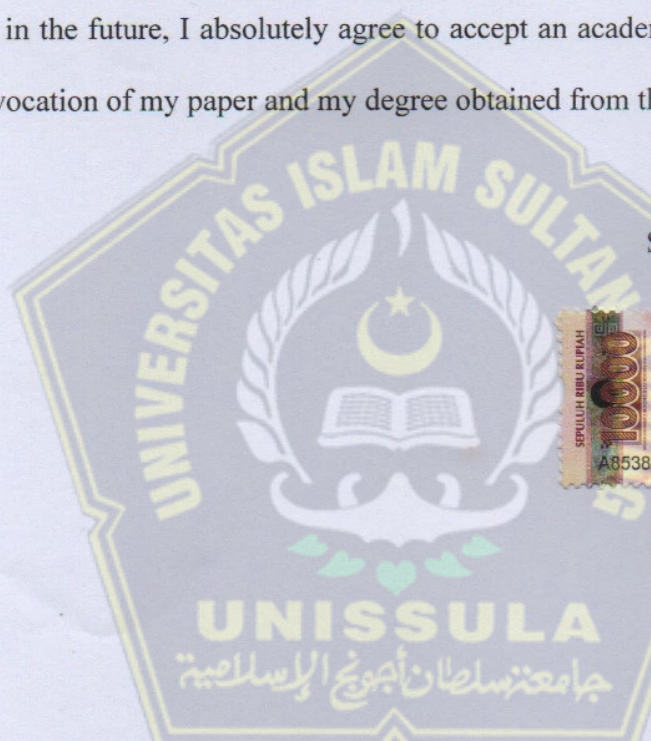
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Semarang, April 7th 2022



Nabilla Titania Rubianto



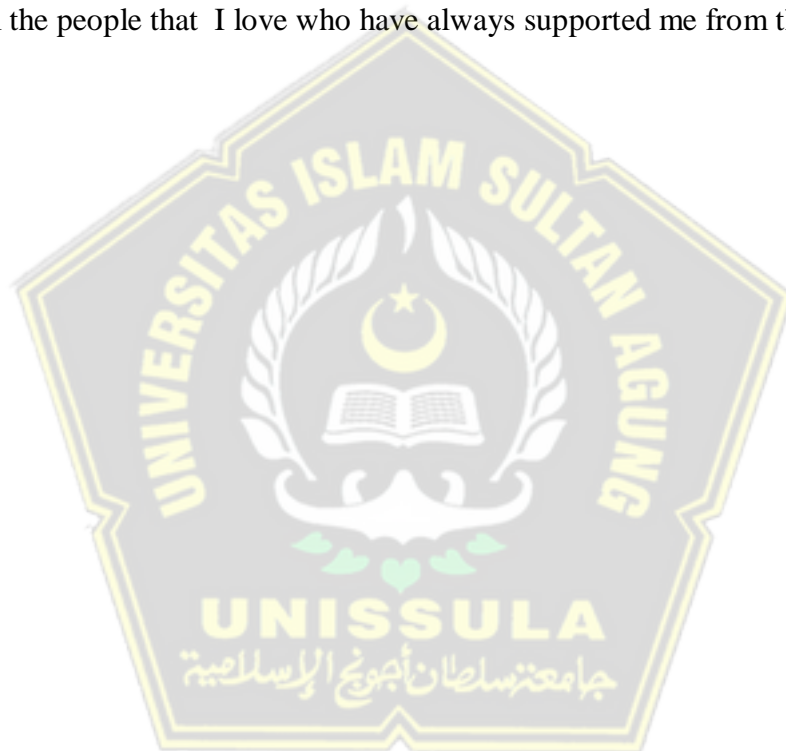
MOTTO AND DEDICATION

MOTTO:

“A little progress each day adds up to big results”

DEDICATION:

For all the people that I love who have always supported me from the beginning.



ABSTRACT

Rubianto, Nabilla Titania. 30801600270. “Stella Grant’s Defense Mechanisms in Coping Anxiety depicted in Rachael Lippincott “Five Feet Apart” Novel 2018”. Final Project Faculty of Languages and Communication Science, Sultan Agung Islamic University Semarang. Advisor: Destary Praptawati, S.S., M.Hum.

Five Feet Apart (2018) novel by Rachael Lippincott is the object of the analysis in this study. This study aims to analyze and distinguish the types of anxiety and self-defense mechanisms Stella Grant performs as the main character in the novel using Sigmund Freud’s Psychoanalytic theory.

The method used to analyze this study is qualitative descriptive. The data are taken from the novel through monologues and dialogues. There are several steps taken to collect the data, such as reading the novel for several times and reading some articles related to the matter from the internet to support the theory, identifying the data, classifying the data, and reducing the data.

There are two results found in this study. First, Stella Grant as the main character has experienced all types of anxiety; reality anxiety, neurotic anxiety, and moral anxiety. Second, Stella Grant has performed five types of defense mechanism, which are; Denial, Reaction Formation, Rationalization, Displacement, and Substitution.

Keywords: *Psychoanalysis Theory, Anxiety, Defense Mechanism, Five Feet Apart.*

INTISARI

Rubianto, Nabilla Titania. 30801600270. “Mekanisme Pertahanan Stella Grant dalam Mengatasi Kecemasan yang tergambar dalam Novel Rachael Lippincott “Five Feet Apart” 2018”. Tugas Akhir Fakultas Bahasa dan Ilmu Komunikasi, Universitas Islam Sultan Agung Semarang. Pembimbing: Destary Praptawati, S.S., M.Hum.

Novel *Five Feet Apart* (2018) karya Rachael Lippincott menjadi objek analisis dalam penelitian ini. Penelitian ini bertujuan untuk menganalisis dan membedakan jenis kecemasan dan mekanisme pertahanan diri yang dilakukan Stella Grant sebagai tokoh utama dalam novel dengan menggunakan teori Psikoanalisis dari Sigmund Freud.

Metode yang digunakan untuk menganalisis penelitian ini adalah deskriptif kualitatif. Data diambil dari novel melalui monolog dan dialog. Ada beberapa langkah yang dilakukan untuk mengumpulkan data, seperti membaca novel beberapa kali dan membaca beberapa artikel yang berkaitan dengan materi dari internet untuk mendukung teori, mengidentifikasi data, mengklasifikasikan data, dan mereduksi data.

Ada dua hasil yang ditemukan dalam penelitian ini. Pertama, Stella Grant sebagai karakter utama telah mengalami semua jenis kecemasan; kecemasan realitas, kecemasan neurotik, dan kecemasan moral. Kedua, Stella Grant telah melakukan lima jenis mekanisme pertahanan, yaitu; *Penyangkalan, Reaksi Formasi, Rasionalisasi, Pemindahan, dan Substitusi*.

Kata kunci: Teori Psikoanalisis, Kecemasan, Mekanisme Pertahanan, *Five Feet Apart*.

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Hopefully, this study would be useful for the readers. This final project is still far from being perfect, therefore the readers are exceedingly allowed to give critics and suggestions.

Semarang, April 7th 2022



Nabilla Titania Rubianto



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CHAPTER I

INTRODUCTION

A. Background of the Study

Literature interweaves substantial field between psychology, history, philosophy, and so on. It becomes a medium in which language is used as a medium of expression to interpret human beings, psychological, existence, and culture. Psychologists, psychiatrists, philosophers, and writers have constantly studied and discussed about personality and individual differences. Undoubtedly, there is a formidable correlation between literature and psychology. As a matter of fact, the both of them deal with human beings and their reactions, conflicts and reconciliations, and perceptions of the world. Freud once stated, that there is only one outstanding and notable goal in life, namely to reduce tension (Schultz, 2017). So many literary works such as novels, poetry, films, etc have portrayed human psychological development. Novels as one of the literary works can be the appliance of the human psyche's portrayal. Therefore, in the novel *Five Feet Apart* by Rachael Lippincott describes the psychological state of a girl named Stella Grant, wherein includes anxieties and defense mechanisms.

Human psyche has three factors in order to channel it, which are behaviors, thoughts, and actions. According to William Siegfried's journal of *The Formation and Structure of the Human Psyche* (2014) it is necessary to identify both the formation and structure of the human psyche, in order to understand why we behave as we do throughout life. The psychoanalysis theory of Sigmund Freud was indeed groundbreaking because it had all the answers about the human

psyche in a way that no one before him had. He also states in his famous work that there are three kinds of elements to compose one personality known as id, ego, and superego. Each element has its own unique contribution to personality and also emerges at different points in life.

As humans, sometimes having difficulty dealing with thoughts, feelings, impulses, and memories is exceedingly a common situation that an individual will experience. In some cases, defense mechanisms can be utilized for dealing with unpleasant feelings or anxiety. The objective of this study is to examine the defense mechanisms that will be carried out by an individual in overcoming anxiety when exposed to a stressful situation. What makes this study appealing is that it will delve deeper into defense mechanisms that people do not seem to be fully aware of all the time, but they have performed at some points in their lives.

Freud divided the human mind into three sectors; conscious, preconscious, and unconscious. The id is driven by the pleasure principle, which strives for immediate gratification of all desires, wants, and needs (Boag 2014). What would happen if those needs are not satisfied immediately? It can cause state anxiety or tension. Freud also states that id works to satisfy human's basic desire through behavior which does not consider the proper purposes for satisfaction to reduce the tension. Therefore, the basic id form may be either illogical or unrealistic desire, as it can decrease the human's tension. Since the id is not directly connected to reality, the ego is.

Some people might have heard about psychoanalytic theory, but not all of them really know what it is about. There is a potential for this study to give some

enlightenment towards people who are willing to expand their knowledge about it. People often hear about defense mechanisms in everyday events. The general knowledge that people tend to understand is that when a person faces a problem that has the potential to create stress or even harm the person, that is exactly when humans carry out defense mechanisms, hence this study will elaborate on defense mechanisms a little further, since these kinds of situations happen in our everyday life.

The ego is one of the parts of human psyche elements which happens to be the connector of the id and outside world. The ego works with the reality principle, since ego is connected to reality. Apparently, the ego decides whether the id impulse will be fulfilled or rejected into reality. Hence, a good sense from the id would be very much necessary so that the ego can immediately fulfill the desire into reality. The ego does not prevent id satisfaction (Schultz, 2017). According to Schultz, the ego does not necessarily avert id gratification, in fact it merely tries to delay or redirect it in order to meet the demands of reality. Nevertheless, according to the study of the human psyche, the id's impulse cannot be fulfilled easily if it contradicts the superego.

In addition, superego has minor similarities to the id which both are not connected to reality. Yet, there is a slight difference that is the superego is related to moral principle. "The superego aims for perfection. It is made up of the organized part of the personality structure, which includes the individual's ego ideals, spiritual goals, and one conscience." (Siegfried 2014). Behaviors that are based on the individual's conscience values, including religion and the standard of

moral, thus what the superego insists. Therefore, the superego can prevent the ego to fulfill an individual's immoral desires.

Sigmund Freud's psychoanalytic theory was prominent as to a tactic developed by the ego to protect against anxiety as a defense mechanism. Discussing about anxiety, according to Freud anxiety is an uncomfortable internal state that people tend to seek to avoid. Freud made anxiety an important part of his personality theory, by asserting that it is indeed pivotal to the development of all neurotic and psychotic behavior (Schultz, 2017). As a matter of fact, anxiety acts as a signal to the ego that things are not going the way they should or as planned. Eventually, as a definite result, the ego then engages some sort of defense mechanism to help reduce those feelings of anxiety.

Defense mechanism according to Sigmund Freud is a tactic which developed by the ego to protect the mind against anxiety. Some researchers also state that it is the safeguard of the mind against feelings or thoughts that are tough for the conscious mind to cope with. Above all, defense mechanism is human innate behavior which people tend to use in order to distort reality from unsettling events, thoughts, or actions. It often occurs when ego cannot meet the demands of reality. Every defense mechanism can be classified into which type of mechanism as it has its own characteristic.

Rachael Lippincott is a professional writer and the #1 *New York Times* bestselling novel *Five Feet Apart*. She was born in Philadelphia and raised in Bucks County, Pennsylvania. She holds a BA in English writing from the University of Pittsburgh.

Five Feet Apart novel was released in November 2018, it depicts an exquisite love story between two young teenagers in a special condition, both of them are *Cystic Fibrosis* (CF) patients. Two young *CFers* who live in the same hospital must follow the strict rules that they must stay away from each other within *six feet apart* at all times. The relationship between the two *CFers* who are Will Newman and Stella Grant, has people asking about the "*six feet apart*" rule. Basically, the book title is a reference to a specific rule that *people with Cystic Fibrosis must remain six feet away from one another*.

Stella Grant is a girl who has fought the battle against *Cystic Fibrosis* (CF) since she was little. *Cystic Fibrosis* (CF) is a chronic, progressive, and frequently fatal genetic (inherited) disease which produces tons of the body's mucus glands. In addition, Stella Grant has plenty of conflicts throughout her life which cause her to experience anxiety. Her sister died on a cliff diving and she can never get away from the thought and the guilt, she wishes she was there for her. Her parents' divorce is also one of the reasons that provokes anxiety and depression throughout her life. Things also gets worse when her best friend Poe dies, and her notable yet complicated relationship with Will Newman. Therefore, she becomes rebellious caused by excessive anxieties by breaking down the rule of "*Six Feet Apart*" and degenerating it into "*Five Feet Apart*". That is why this topic is chosen, to delve deeper on Stella's anxieties and how she performs defense mechanisms during hard times. Thus, the way Stella Grant faces her anxieties that are portrayed in the novel can be analyzed through the Freudian psychological perspective.

The main focus of this study on defense mechanisms is the types of defense mechanisms Stella Grant uses in the novel. Apart from that, there are several types of commonly known defense mechanisms such as rationalization, displacement, denial, substitution, etc. In addition, it is important to seek out why people behave or feel as they do. There must be some logical and educational perspectives to it. Despite the fact that there are many people who have done the same research, but hopefully this study can help or even have answers that have not been found before. Therefore, this study is being conducted to seek answers and try to help others who are in the same chapter in life looking for rational answers.

B. Limitation of the Study

This study will only focus on the anxiety suffered by Stella Grant and the defense mechanisms she performs.

C. Problem of the Study

Based on the statements this study has proposed in the background of the study, the problems of this study are:

1. What are Stella Grant's anxieties portrayed in the novel?
2. How does Stella Grant cope with her anxieties with defense mechanisms portrayed in the novel?

D. Objective of the Study

The objectives in analyzing Stella Grant as the main character in Rachael Lippincott's *Five Feet Apart* are :

1. To portray Stella Grant's anxieties as depicted in the *Five Feet Apart* novel.
2. To explain Stella Grant's defense mechanism in coping her anxieties as depicted in the *Five Feet Apart* novel.

E. Significance of the Study

1. This study can illuminate others in learning psychoanalysis by Sigmund Freud, particularly it focuses on anxiety and defense mechanisms we often encounter in everyday life.
2. This study hopefully can give enough contribution in helping students of literature in Sultan Agung Islamic University dealing with anxiety and defense mechanisms.

F. Outline of the Study

This study is divided into five chapters. The first chapter discusses an introduction which consists of six points; Background of the Study, Limitation of the Study, Problem of the Study, Objective of the Study, Significance of the Study, and Outline of the study. The second chapter discusses the synopsis from the novel *Five Feet Apart* (2018) and Reviews of Related Literature such as; psychoanalysis, anxiety, defense mechanisms, and some factors causing the problems on the analyzed object. The third chapter discusses the Research Method which conveyed Types of Research, Data Organizing, and Data Analyzing. The forth chapter is Finding and Discussion. The fifth chapter discusses Conclusion and Suggestion.

CHAPTER II

REVIEWS OF RELATED LITERATURE

A. Synopsis of *Five Feet Apart* Novel

Five Feet Apart novel was released in November 2018, it depicted an exquisite love story between two young teenagers in a special condition, both of them were *Cystic Fibrosis* (CF) patients. The relationship between them was not easy as general teenagers. The fact that they could not even touch each other made Stella feel extremely anxious and depressed at the same time. Complicating matters to their romance must exist within the boundaries as *CF* patients. Two young *CFers* who lived in the same hospital must follow the strict rule that they must remain at least *six feet apart* from each other at all times.

On the other hand, the novel *Five Feet Apart* was such a complex work. It brought out an uncommon romance relationship between two young teenagers. Their love had been challenged since the day they knew they had zero possibility to be together, yet they persist in keeping their love to bloom. It also served a very positive message to people who have fought the same disease to always hold on to hope, because there is always hope. *Five Feet Apart* has touched everyone's heart with its sincere story.

The relationship between the two main characters, Will Newman and Stella Grant had people asking about the "*six feet apart*" rule. Technically, the novel's title was a reference to a specific rule that *people with Cystic Fibrosis must remain six feet away from one another*, and they had to keep in mind that it was a very specific and important rule. People with *CF* are more susceptible to getting

sick from germs from everyone, they are at particular risk for contracting infections from each other. Hence, it is very recommended that people with *CF* remain at least *six feet away* from one another as that is how far respiratory droplets can travel when someone coughs or sneezes.

In the novel, Stella Grant was proficiently portrayed as a sweet, caring, loving, yet independent girl who had fought the battle against *Cystic Fibrosis (CF)* since she was a little girl. *Cystic Fibrosis (CF)* is a chronic, progressive, and frequently fatal genetic (inherited) disease. Basically, it causes the body to produce tons of mucus glands. The most horrible thing about *CF* is that people with *Cystic Fibrosis* should never get close to each other, as they carry bacteria within their lungs that could be *harmful* to each other.

Moreover, Stella Grant had control issues which made her feel like everything has to be in control. She often acted like she was in denial in order to distort reality. Her sister died on a cliff diving and she could never get away from the thought and the guilt, she wishes she was there for her. Her parents' divorce was also one of the reasons that provoked anxiety and depression throughout her life. Things also got worse when her best friend Poe died. She threw everything off of the table, cried out loud, blamed herself for things that were not even her fault.

Stella Grant had gone through a lot in her life. It is somehow beautiful how the novel showed how Stella always wanted to keep everything in control. She also knew how to cope with her anxieties, such as sticking on her regimen, organizing the meds cart, visiting babies in the *Neonatal Intensive Care (NICU)*. She showed how powerful she could be even in reality she was really sick. It was

really hard to always try and keep everything in control, while facing her own problems, anxiety, depression, and sadness at the same time.

As the connection between Will and Stella intensifies, so does the temptation to defy the rules that govern every moment of their lives. Despite all the challenges that exist, Will and Stella discovered a strength within each other that transcended the distance between them. She became rebellious caused by excessive anxieties by breaking down the rule of “*Six Feet Apart*” and degenerating it into “*Five Feet Apart*”.

B. Related Literature

B.1 Psychology and Literature

Psychology and Literature are two branches of science which study human soul. Admittedly, both of them deal with human beings and their reactions, reconciliations, desires, fears, conflicts, miseries, wishes and perceptions of the world, make both Psychology and Literature have excruciatingly strong correlation. According to Henriques, Psychology is defined as the science of mental behavior and the human mind as well as equitable application of such knowledge to the greater good (2011). In fact, there are plenty of definitions put forward towards what Psychology means by so many researchers. All of them refer to Psychology as a psychic study about human behaviors. Psychology seeks out human behavior and what causes it, on the other hand Literature depicts human behavior through fiction, which the basic building block of the correlation between both of them is a literary work. Practically, Psychology is a psychic study about human behaviors. It is a common knowledge that behavior is a real thing

that can be seen directly, while on the other hand psyche is just an abstract. Psychological aspects and elements will always be found in literary works, wherein the human being is the object or theme of the texts.

Literary work especially novel can be assumed as to some characteristics that have depicted psychological condition as how it truly happens in human being's mental state in real life. It is sure that each and every literary character qualifies as a case for psychological study. Characterization is a strong aspect which one can make it as a source to analyze an individual's psyche. It is extremely essential how the way authors expressed an individual's psyche and also the correlation between each character's role and psychology aspect in any way possible. According to the previous statement, it makes literary works draw similar problems as condition in real life. Within this frame, it clearly points out that both literature and psychology appeal to imaginations and feelings. In analyzing literary works, Psychology holds a noteworthy value in order to put the individual at the center of its studies and analyses. In this respect, it is necessary to draw the reader's attention to the Psychological aspect, "which is for the most part concerned with the spiritual, emotional, and mental lives of the characters and with the analysis of the character rather than with the plot and the action..." (Cuddon, 1999). Literature is a quest in finding meanings of man, which makes existence a source of inspirations to people and even professionals. For example, Sigmund Freud, the pioneering figures in Psychoanalytic criticism who analyzed a great deal of literary texts including Shakespeare's works.

B.2 Psychoanalysis by Sigmund Freud

The remarkable Psychoanalysis theory was demonstrated by Sigmund Freud for the first time in 1890 and 1939. He was an Austrian neurologist and psychiatrist who originally developed the psychoanalysis technique as a treatment for emotional disorder. Hence, he applied his insights in order to create a psychoanalytic theory of psychology, which ties it into the primary role of the unconscious in all mental life. Sigmund Freud derives his theory of personality from his neurotic patients at the time. He divides the existence of soul to three parts; conscious, preconscious and unconscious.

The unconscious mind would be filled with encouragements, longings, feelings, attitudes, thinking or instinct which practically controlled by desires (Schultz, 2017). It somehow can be pulled when it happens in the conscious mind and if it is also not tied by logical laws. Unconscious mind particularly provokes human feelings and actions. According to Sigmund Freud, subconscious is the exposition of senses in dreams mispronunciations, and some other kinds of forgetting something. It is called as phylogenetic endowment.

Preconscious sector contains a whole element of what is within the unconscious sector, but it somehow emerges in the conscious sector. Thus, preconscious is a psychic locale in which unconscious thinking occurs has been verified. Not to mention Freud's original tripartite structure of the mind seems credible: an unconscious thought, accessible to immediate reflection; and a pre-conscious, which serves as a latent reservoir of thinking available to consciousness as required. Preconscious mind is the material beneath the surface of awareness (Duane, 2017).

Conscious sector does hold a significant role in Psychoanalysis. The conscious mind is the thing that you know about at a specific second, such as your current discernments, recollections, musings, dreams and sentiments (Boeree, 2006). Moreover, it defines as a mental element which stays in the consciousness most of the time. Therefore, people shall concentrate on the idea that the consciousness is the locus from where any discourse about the unconscious emanates. As stated in the previous statement, it signifies not only it is a basic truth, but also indicates a very specific place of Psychoanalysis among others studying the human condition. One thing about consciousness is that there are two doors that can be skipped by stimulus. Conscious perceptual system is the first door which gives you the absolute control to whether or not open it for the outside world and it has function as intermediary perception from the outside stimulus. The second door is the outer part of the stimulus yet it stays in the conscious and not considered as a threat, but when it comes from the subconscious it can surely provoke anxiety.

B.3 Structural Personality by Sigmund Freud

Freud has set out most enduring idea that human personality is divided into three sectors; id, ego, and superego. All three sectors are developing at different stages in our lives. These are undeniably systems, not parts of the brain, nor any way physical. According to Freud's model of the psyche, the id is the primitive and instinctual part of the mind which contains such hidden memories, sexual and aggressive drives, meanwhile on the other sector, the superego

operates as a moral conscience, and the ego is the realistic part which serves to mediate between the desires of the id and the superego.

The Id is the impulsive (unconscious) part of our psyche which responds directly and immediately to basic urges, needs, and desires. The id works with regards to the pleasure principle, which can be perceived as an interest to deal with needs right away (Boeree, 2006). Moreover, the id would not get affected by reality, logic or even the everyday world, as it operates within the unconscious part of the mind. Pleasure principle which operated by the id is the idea of every wishful impulse should be satisfied immediately, regardless of the consequences. Once the id achieves its demands, pleasure is what we will experience, but when it is denied tension is what we experience. Id is illogical, primitive, irrational and fantasy oriented. Frankly, Id is amoral the way it is, cannot be organized and full of energy which comes from basic stimulus that is poured out in order to satisfy the pleasure principle. As it is a region of basic stimulus, Id operates on primary process. This form of process has no comprehension of objective reality, is selfish and wishful in nature.

The ego is that part of the Id that has been actively modified by direct influences from the outside world (McLeod, 2019). As we like to call it as a mind region that makes it has a direct contact with reality. The ego considered as decision-making component of personality. In other words, ego develops to mediate between the unrealistic id and the external real world. Ideally, the ego would work by perceptible reason, which on the contrary the id is chaotic and unreasonable. The ego would operate to the reality principle. Working out

realistic ways of satisfying the id's demands, often compromising or postponing satisfaction to avoid negative consequences of society. This actively demonstrates that the ego extremely considers social realities and norms, etiquette and rules in deciding how to behave. An analogy Freud has made is the id being a horse while the ego is the rider. Therefore, the ego is like a man on horseback who needs to hold in check for the superior strength of the horse. In case the ego fails in its attempt to use reality principle, unconscious defense mechanisms are employed once anxiety is experienced.

The superego incorporates the values and morals of society. As well as it functions to control the Id's impulses, particularly on which society forbids, such as sex and aggression. Oftentimes superego would persuade the ego to turn to moralistic goals rather than simply realistic ones and to strive perfection. One thing about superego is that it does not have direct contact with the outside world. However, the superego consists of two systems; the conscience and the ideal self. The conscience works to punish the ego through causing feelings of guilt, meanwhile the ideal self is an imaginary picture of how society perceives an individual as decent, how to behave or treat other people, how he or she ought to be and represents career aspirations (Freud 1933/1964).

B.4 The concept of Anxiety

According to Freud's perception, anxiety is an effective situation which makes unexcited feeling and it is followed by physic sensation which can remind someone of dangerous situation. Freud divides anxiety into three parts: 1). Neurotic anxiety, a fear of an undetected danger. 2). Moral anxiety, emerges when

there is a conflict that happens between Ego and Superego. 3). Realistic anxiety, genuine dangers or threats that literally exist in the external world.

Anxiety function is to develop the mechanism as it protects the Ego. Freud proclaims that it can sense upcoming danger or inappropriate action that the danger level itself can increase until it defeats the Ego. Traumatic is such condition where anxiety has no control over with. It is clearly stated by Freud that anxiety is caused by an incapability feeling. To sum up everything that has been stated so far is that anxiety is manifest by disturbances of mood, thinking, behavior and physiological activity.

Anxiety disorders are inclusively the most common and frequently occurring mental disorders. They include group of conditions that share extreme or pathological anxiety as a major disturbance of mood or emotional tone (Adwas, 2019). Anxiety can be understood as the pathological counterpart of normal fear is manifested by mood disturbances, as well as psychological thought, behavior and activity. In most cases, anxiety disorder conspicuously involves crippling and lingering process that disrupts normal life. The anxiety disorders include generalized anxiety disorder, social or specific phobia, panic disorder which generally are transmitted by genetics, obsessive-compulsive disorder, acute stress disorder, and post-traumatic stress disorder caused by a single or series of traumatic events. As a result, such differences on each anxiety disorder must be recognized, treated, and managed differently.

B.4.1 Neurotic Anxiety

Neurotic anxiety is considered as troublesome to our mental health. As it is the kind of anxiety which evokes a conflict between instinctual gratification and reality. However, the urge of overtly expressing sexual or aggressive impulses is very high, it still needs consideration to take a certain action in reality. According to Weed, individuals who suffer from Neurotic anxiety are those who are considered high on the neuroticism dimension, they tend to feel dissatisfied with themselves and their lives (2007). On that matter, neurotic anxiety is an unconscious fear of being punished for rashly displaying id-ruled behavior. The fear of neurotic anxiety is what may occur as a result of satisfying instincts. For example, children are generally known to behave or experience a meltdown if their wishes are not fulfilled, as a result of which their parents choose to punish their children for acting out. The conflict emerges between the id and the ego.

B.4.2 Moral Anxiety

Moral anxiety is a definite result from a conflict between the id and the superego. For example, when an individual is in a certain point of life and is persuaded to assert an instinctual motivation that is in opposition to your ethical code, the superego then fights back by giving the sense of shame or guilt towards the individual; children who are being punished for violating their parent's moral codes and adults for violating society's moral code. According to Freud, superego exacts a terrible retribution for violation of its tenets (Schultz, 2017). In addition, Moral anxiety evokes the shame and guilt feelings from within, it is the conscience that causes both fear and anxiety in an individual. The similarity

between Neurotic anxiety and Moral anxiety is that both of them have some basis reality to take into consideration.

B.4.3 Reality Anxiety

Reality anxiety is a fear of tangible dangers or threat in the real world. These reality-based fears can be carried to extreme, however the fear subsides when the threat is no longer present. For this reason, Reality anxiety serves a positive purpose of guiding behavior within an individual in order to protect the individual from actual dangers or threats. To illustrate fear of tangible dangers in the real world are justifiably such as; hurricanes, wild animals, wildfire, etc. In brief, Reality anxiety is a fear of real-world events (Cherry, 2021).

B.5 Defense Mechanism

Defense mechanisms are psychological strategies which are unconsciously used to protect an individual from arising anxiety, unacceptable thoughts, or feelings. People use defense mechanisms to protect themselves from immense of guilt or anxiety that arises caused by threatened feelings might as well as the Id or superego becomes too demanding. Defense mechanisms mainly operates at an unconscious level. Hence, it helps averting unpleasant feelings or things to be felt much better for the individual. According to Freud, self-defense mechanism is a strategy used by an individual to maintain the expression of Id impulses and then fight the pressure of superego (Freud, 1933/1964). People use alternating defense mechanisms on which suits more on the matter or the kind of threat. Freud's defense mechanism term practically refers to the subconscious process in order to defend anxiety.

B.5.1 Denial

According to Anna Freud, denial is a defense mechanism which involves such refusal to accept reality, thus blocking external events from awareness. For that matter, when a situation is too much to handle, an individual may respond either by refusing to perceive it or denying that it does exist. Denial considered as a primitive and dangerous defense, because it will not happen for a long term, no one disregards reality and gets away with it for long. Most people use denial in daily basis in order to avoid dealing with unpleasant or painful feelings of their life they do not wish to admit. Denial is defense mechanism which usually appears to reject admiring a stimulus that makes anxiety (Baumeister, Dale&Sommer, 1998). Anxiety emerges to adults who feel oppress in an unpleasant situation or feeling- there they tend to use denial to escape reality.

B.5.2 Reaction Formation

Reaction formation is defending ourselves by converting dangerous and unwanted thoughts, feelings, or impulses by actively expressing the opposite impulse. For instance, shifting unconscious impulses that are potentially perceived to be dangerous or unacceptable, which is the complete opposite of what one really wants or feels, by taking the opposite belief, because the first true belief provokes anxiety. By using this kind of defense mechanism, the id would be satisfied while keeping the ego in ignorance of its true motives. Most therapists discern reaction formation in patients who have strong believe in something that drives them to be resentful at everyone who disagrees. Freud claimed that men who are prejudice against homosexuals are precisely making a defense against

their own homosexual feelings by adopting a harsh anti-homosexual attitude which helps convince them of their heterosexuality (Mcleod, 2020).

B.5.3 Rationalization

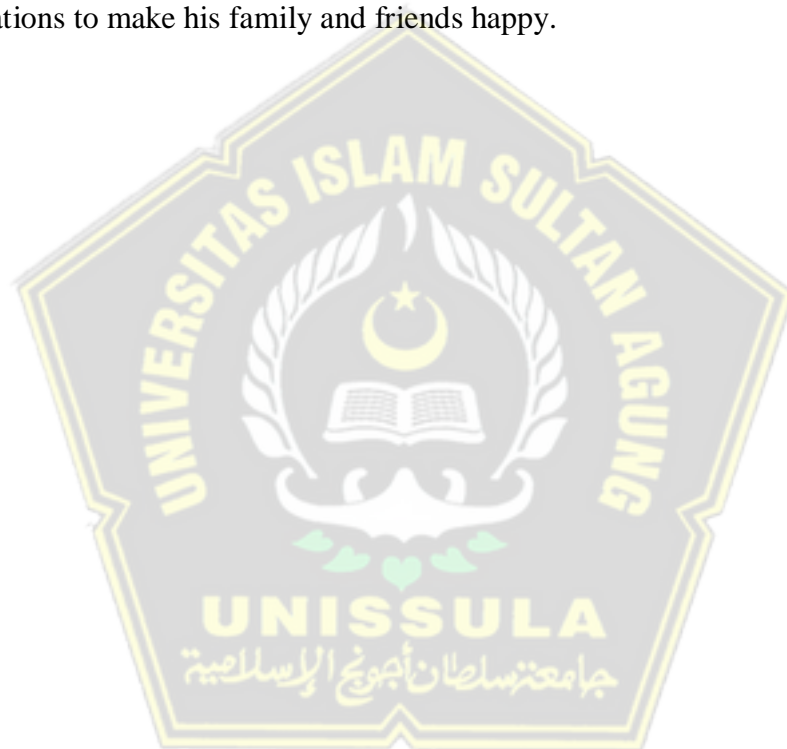
Rationalization is reinterpreting human behavior to conform to reality by making it seem more rational and acceptable. Often times, people condone or justify a threatening thought or action by convincing themselves that there is a rational explanation for it. People do it often enough on a fairly conscious level when they provide themselves with excuses (Mcleod, 2020). Generally, some people make excuses that it makes them quite prepared to believe their own lies. For example, when a person who is fired from a job starts to rationalize by saying that he did not really like the job anyway. In other words, blaming someone or something else for your own failures is less endangering than to blame yourselves.

B.5.4 Displacement

Displacement is redirecting impulses from a threatening or unavailable object onto a powerless substitute target that is available. The target can either be an object or a person which ever serves as a symbolic substitute. Displacement occurs when the id wants to do something which in the contrary the superego does not permit. For example, adults who hate their bosses but terrified to express their hostility for fear of being punished. Therefore, they may displace the aggression onto someone else who is less likely to fight back or retaliate. However, the substitute object would not necessarily reduce the tension by giving the satisfactorily feelings as the original object would (Schultz, 2017).

B.5.5 Substitution

Substitution is an adjustment mechanism in which original desires are substituted by others (Strickland, 2001). Owing the fact that the initial goals are too difficult to achieve and attempts to achieve them can end in failure, therefore the individual tries to reduce the effects of actual failure by setting more attainable goals. For example, when someone is really sick and wants to give up on the medications because he does not want to be a burden, but he would rather take the medications to make his family and friends happy.



CHAPTER III

RESEARCH METHOD

A. Type of Research

In this study, methods are truly required and significant, which later on will be used to obtain answers for the particular issues. Therefore, methods become the principal part in order to analyze the matter and up until the definite result. In particular, this study uses descriptive qualitative method. According to Mohajan, qualitative researchers are fascinated by people's belief, experience, and perspective (2018). In addition to his statement, the roots of qualitative research lie in the core of social and cultural, psychology, history, philosophy, and sociology. All data for this study are collected from monologues and dialogues in the novel *Five Feet Apart*. Hence, qualitative research generates words as the source of the data analysis. Qualitative research aims to comprehend several aspects and characterized by its purpose. Above all, the purpose of this study is to find answers to these formulations of the problem.

B. Data Organizing

B.1 Data Collecting Method

The data collecting method is related to the process of collecting the data. The data will be analyzed in several ways and from the documents related to the study. There are four steps used for this study in collecting the data, which are:

B.1.1 Reading the Novel

Step one is reading the novel and re-reading it for several times, in order to gain information and to understand the matter related to the study.

B.1.2 Identifying the Data

Afterward, identifying the data that has been obtained after reading the monologue and dialogue of the novel. The researcher then analyzed the data from the monologue and dialogue of the novel. Take notes and annotate important parts of the object.

B.1.3 Classifying the Data

Next is for the identified data will be classified into two tables and each has different category. The table of the data is called the appendix. The appendix will provide columns consist of numbers, data, pages, type/answering problem formulations, references, and comments.

B.1.4 Reducing the Data

The last step is reducing the data. This step is the process of choosing the number/page. It begins from smaller number to big number. It is for the relevance to the appendix. The data will be discussed in Chapter IV and is called Findings of the Study.

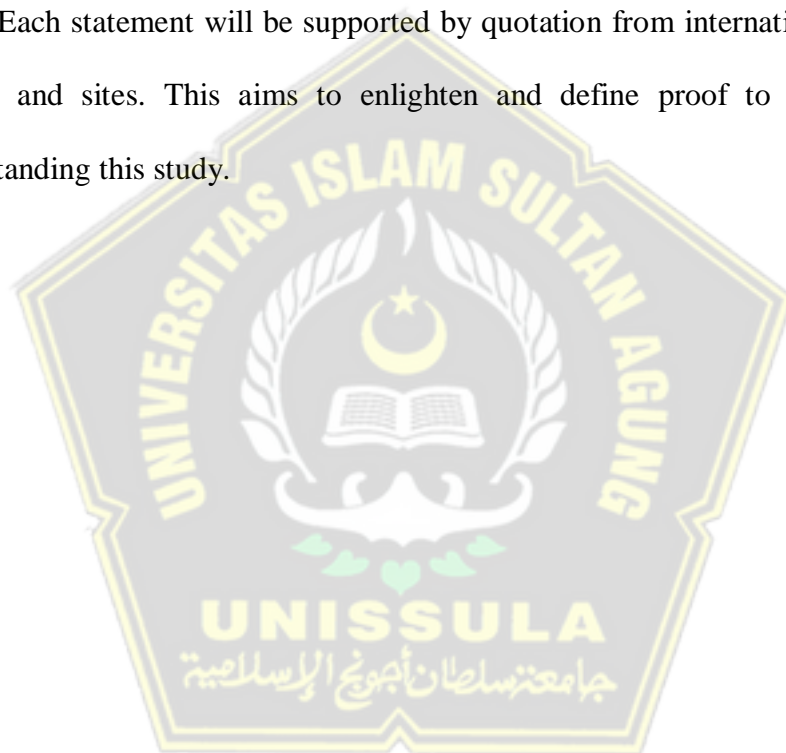
B.2 Types of the Data

In particular, there are two main sources of data. The first is primary data. The second is secondary data, which is the supporting data for the primary data.

- a) Primary data serves as the main source. It was taken from the novel *Five Feet Apart*. There were several types of data found in the novel such as; monologue and dialogue.
- b) Secondary data serves as the supporting data and was taken from international journals, essays, and sites related to the topic of the study.

B.3 Analyzing the Data

The data will be analyzed through qualitative technique. Monologue and dialogue are the form displayed in the data. The forms of data will be explained through descriptive techniques. The descriptive technique explains the data through statement, quotation, and description. As a result, the appendices will be provided in the end to clarify several statements from the novel supporting this study. Each statement will be supported by quotation from international journals, essays, and sites. This aims to enlighten and define proof to the reader in understanding this study.



CHAPTER IV

FINDINGS AND DISCUSSION

A. Stella Grant's Anxiety Portrayed in *Five Feet Apart* Novel 2018

As stated by Anxiety & Depression Association of America Facts and Statistics (2021), it statistically shows that anxiety disorders are the most common mental illness in the U.S. and is affecting 40 million adults in the United States at the age of 18 and older, or 18.1% of the population every year. *Five Feet Apart* novel delineates the case of anxiety experienced by a girl named Stella Grant. Anxiety is an aimless feeling of restlessness and fear. Freud stated that there are three types of anxiety; reality anxiety, moral anxiety, and neurotic anxiety. In this case, Stella Grant has gone through all these types of anxiety. The *Five Feet Apart* novel wraps these situations of the feeling of anxiety as neat and immaculate.

A.1 Moral Anxiety

To clarify the statement above, the first type of anxiety experienced by Stella Grant is moral anxiety. It is portrayed very clearly how Stella Grant suffers from the shame and guilt caused by her sister's death. Stella got into a fight with Will Newman about her sister's death. On that matter, it is such sensitive, offensive, and mortifying thing to her. She would get anxious and restless if anyone ever ask about her sister's death and it makes her drown in guilt and leads her to start blaming herself for it. There is a depiction of this situation in the *Five Feet Apart* novel.

I pace back and forth...but I'm still livid over my fight with Will... "When he said 'Abby' and 'dead,'"-my voice cracks...-"like it was no big deal, I

just...”... “I should’ve been with her, Poe” I choke out, wiping my eyes with the back of my hand. She was always there. To stand by me when I needed her. And I wasn’t there when she needed me the most.

(Five Feet Apart: page 124)

In addition to the circumstances above, moral anxiety is a feeling of guilt and shame that arises from within. Feelings of moral anxiety stem from the conscience sector, which also provokes fear, guilt, and unsettling feeling itself. Stella Grant has a sister named Abby. However, in the novel unfortunately Abby had to die because of cliff diving. Although it was not Stella’s fault that her sister died on a cliff diving, she was still haunted by thoughts and feelings of guilt until years after her sister died. She believed that she should have gone with her sister for cliff diving. Stella Grant repeatedly mentioned that she should have been with her sister when that happened.

A.2 Reality Anxiety

Despite her illness, Stella Grant has been through many emotional roller coasters throughout her life. There are too many tensions, anxieties, and complicated romance that she had to endure within the limitations due to her illness. As a result, there were three circumstances in which Stella Grant continued to experience reality anxiety. In addition, reality anxiety is a fear arises within an individual of real-world events.

“Our best defense is distance. Six feet is the golden rule,”... “I did a lot of thinking about foot number six. And, to be honest, I got mad.”... “As CFers, so much is taken away from us. We live every single day according to

treatments, pills.”... “Most of us can’t have children, a lot of us never live long enough to try. Only other CFers know what this feels like, but we’re not supposed to fall in love with each other.” (Five Feet Apart: page 172)

Given the above circumstances, as a *CF* patient, there will be many things that are deprived of. Stella could not have a normal teenage life, which she could have if she was not sick. Teenage phase is the most radiant moment in life. Wherein, love does the influence and takes over the whole thing between two individuals. Stella Grant falls in love with Will Newman who is also a *CF* patient during their period of time in the hospital. Notwithstanding, the golden rule *CFers* must carry on forever that they must keep their distance apart from each other within six feet, yet they tried to keep their love to bloom. The fact that she could not touch the person she loved was terrifying for her and crushing her soul. It led her into uncertainty and restlessness. Which is the opposite of normal teenagers, distance should be the last thing they have worried about.

“Will” I whisper, watching as he struggles to push the air through my body. “He really loves you, Stell,” Abby says, watching. As the scene sharpens, she fades. I turn to her, frantic, feeling again the loss that keeps me up at night. The unanswered question. Abby smiles at me, shaking her head, already far ahead of me “It didn’t hurt. I wasn’t scared.”...Abby smiles wider now. “I need you to live, okay? Live, Stella. For me.” She starts to fade and I panic. (Five Feet Apart: page 243)

Since the feeling of loss can manifest in many ways, the memories of her sister Abby are always going to exist in Stella’s mind. After she runs away from

the hospital with Will, the hospital called both of them to let them know about the information of a new lung transplant, but Stella rejected to take it. Unfortunate moment happened right after that, Stella fell into an invisible hole in the frozen pond. She blacked out and saw Abby talking to her wanting her to live and fight for her life. Because Stella thought that her life was purposeless since her sister's death. She was too afraid to bear the fact that she would live her life without her sister's guidance. Five years longer potential to live was not in her wish list anymore. When she woke up and realized that Abby was not there, she started to panic and anxious. She did not know what to do as she contemplated whether or not to take the lung. Abby was not there to tell her what to do, which Abby usually did before she died.

I slam the door, my head pounding with anger. With fear. I look around the room, and all I see is loss everywhere, making the walls close in on me, closer and closer. This isn't a bedroom. I run to the wall, my fingers curling around the edges of a poster. It gives way, tearing down off the hospital wall.

(Five Feet Apart: page 218)

Stella is a fighter and fearless. However, sometimes she could be the complete opposite when it came down to her family and friends. She made a friend from the first day she went to the hospital when she was little. His name is Poe and they became best friends since then. Poe was also a CFer. Cystic Fibrosis had jeopardized Stella's life. The night when she found out that her best friend Poe died right after celebrating Will's birthday crushed her soul. She could not bear the feeling of losing one more important person in her entire life. She had to face

the feeling of fear and loss over the death of her best friend who suffered from the same disease as her.

A.3 Neurotic Anxiety

I stare at the ceiling, trying to push away the growing panic eating away at my insides. I did everything right. I was careful and put on the Fucidin, I took my medication at scheduled times, and I'm still lying here about to go into surgery anyway. All of my obsessing over my regimen for nothing.

(Five Feet Apart: page 139)

Cystic Fibrosis is a chronic disease that can also spread its bacteria through other parts of the body. Ever since Stella was diagnosed with *CF*, she had always taken her medication at scheduled times. However, as portrayed in the novel Stella had infection G-Tube, which is an infection in her stomach resulted in a wound and had to be operated immediately. Stella felt like she had obeyed every rule due to her medications, yet the disease still found its way to make her feel even more sick. Stella had gone through few surgeries in her life, but this time was different. She had to undergo the surgery alone, without her sister Abby. She used to calm Stella down before the operation started.

Neurotic anxiety is the feeling evokes within an individual who is high on the neuroticism dimension and tends to feel dissatisfied with themselves and their lives (Weed, 2007). In this case, to accentuate the neurotic anxiety experienced by Stella Grant is that Stella had followed her regimen right and taken all her medications, yet there she was with an infected G-Tube. She was terrified of what might happen after the surgery.

B. Defense Mechanisms employed by Stella Grant in Coping her Anxieties portrayed in *Five Feet Apart* Novel 2018

Previously, there are five evidence of the depiction of Stella Grant's anxieties have been presented from the novel *Five Feet Apart*. In fact, every anxiety Stella had experienced, brought her into coping mechanism in order to distort reality. Therefore, there will also be five defense mechanisms brought by Stella to overcome each anxiety that she had experienced throughout her life. Every anxiety has a correlation to the defense mechanism.

B.1 Reaction Formation

It can be seen that, her sister's death drove her insane. She knew she could not do anything, but to accept reality. She could not undo nor change everything that had happened. For this reason, Stella had performed reaction formation as her defense mechanism. According to Feist, reaction formation is a method of defense by conducting the opposite action. Apparently, that was exactly what Stella did in the novel. She conducted some other possibilities in order to make things according to her feelings. In spite of everything, she always tried to offer the world to trade place, so that her sister could live and she could be the one who was supposed to die.

She wasn't supposed to die. She was supposed to be the one to live.

(Five Feet Apart: page 124-125).

B.2 Rationalization

Not only *CF* stole her normal life, but also it stole her romance teenage life. As a result, Stella proceeded to find a way in order to reduce the distance between

her and her boyfriend who was also a *CF* patient. As a matter of fact, *CF* patients must keep their distance between each other within six feet apart. Nevertheless, at this point everything became too much for her. She knew she could pass along an infection to Will through her droplets, yet she insisted to follow her heart. Clearly to reduce the distance that existed between them. Stella managed to propose a new deal with Will to drop off “one foot” away. *Six feet* felt like a punishment to her, so she decided to degenerate it into *Five feet*. For this obvious reason, she unconsciously had performed rationalization as her defense mechanism to overcome the anxiety brought by the distance that separated her with her boyfriend Will.

“So, after all that CF has stolen from me – from us – I’m stealing something back.”... “I’m stealing three hundred and four point eight millimeters. Twelve whole inches. One fucking foot of space, distance, length.”... “Cystic fibrosis will steal no more from me. From now on, I am the thief.”

(Five Feet Apart: Page 172)

It is generally known that rationalization is a defense mechanism which involves reinterpreting human behavior to make it seem more rational and acceptable. The act of dropping off one foot of a distance between them is actually unacceptable. They could either put danger on themselves and other. Although she was fully aware of that, she did not hesitate to do it. She realized at one point in her life that *CF* had stolen so much from her and now it is time to finally steal something back from *CF*.

B.3 Denial

Another defense mechanism found in the novel is denial. It seems that some people already have heard about this kind of defense mechanism. They might as well have performed it at some points in their life without actually realizing it. In theory, denial is a method of defense by ignoring reality in order to protect an individual from threatening impulses or events which may cause psychological and emotional problems (Strickland, 2001). Thus, the depiction of denial in *Five Feet Apart* novel will be described thoroughly.

I did everything right. I was careful and put on the Fucidin, I took my medication at scheduled times, and I'm still lying here about to go into surgery anyway. All of my obsessing over my regimen for nothing.

(Five Feet Apart: page 139)

One of the things that could make Stella feel down is when she got even more sick. She just could not believe that after everything she had done with her regimen and medications, she somehow still caught an infection in her stomach. Admittedly, she could not bear the fact that with everything she had done and gone through unfortunately makes zero outcome. Therefore, she performed denial in order to fend off hurtful reality. In addition, she contemplated what she did wrong during the process of her medication, when in fact she could not control everything that was beyond her limit. Similar to Richard (2014) statement that, in denial, somebody endeavored, yet unwittingly, to accommodate the inconsistency between what the individual wanted, with the truth of the real event.

B.4 Substitution

The biggest goal Stella had before she met Will was to get a new lung transplant, so that she could live five years longer. That is the possibility that a new lung transplant brings. However, everything changed after she met Will. Stella was given the opportunity to have new lung, but she rejected it. She assumed that life would be meaningless without Will, hence she did not take the lung. Fortunately, right after Will told Stella that he wanted her to take the lung, she eventually did take the lung.

“You’re taking the lungs, Stella,” my mom says next to me, her hand tightening around my arm... “Take them. Please,” Will says... “But if I do, it doesn’t change anything for us, Will.” It makes it worse,” I say, knowing that new lungs won’t rid me of Cystic Fibrosis...I can feel Abby’s arms around me back at the pond, holding me close. I can hear her voice in my ear, saying the same words that Will is saying now. Live, Stella... “Okay.” I say, nodding to Dr.Hamid, and the decision is made. (Five Feet Apart: page 248-249)

In this unfortunate situation, Stella had performed substitution in overcoming her anxiety. Substitution is defined as a defense where an unacceptable, unattainable, and frightening thought or thing is replaced by something that is more acceptable and available. For instance, she would die for Will instead of taking the lungs so that she could live longer and live her life with more opportunities. She was caught up with the romanticized picture of Will. Nevertheless, Stella finally took the lung and wanted to make the people who love her happy, instead of witnessing her death.

B.5 Displacement

The last thing she would expect to make her life less miserable was for her best friend Poe to live a long life and stand by her side. However, that hope slipped off instantly when she found out her best friend died the night after they celebrated Will's birthday at the hospital. Her best friend's death broke her heart. The way she expressed her feelings by throwing pillow across the room, ripping the bedspread off, etc. showed a sign of overcoming an anxiety. In this particular moment, displacement was employed.

I rip the bedspread off, throwing the pillows across the room...I push all the books and papers and to-do lists off my desk, everything clattering loudly on the ground. I blindly grab at my nightstand, picking up the first thing I can get my hands on and throwing it at the wall. The glass jar shatters, a sea of black truffles scattering across the floor...Poe's truffles.

(Five Feet Apart: page 218)

Generally, displacement is the kind of defense that involves shifting id impulses from a threatening or unavailable object to a substitute object that is available. The depiction was very exact and decent by incorporating it with the previous statement. Stella's life hit rock bottom when she found out about her best friend's death. She was in rage, as if she was losing everyone she loved one by one. Thus, she tried to protect her ego from things she could not cope with. Therefore, in order to channel her anger and sadness, she started tearing pictures off the wall, pushing and throwing things within her reach. For that obvious reason, she plainly channels her anger from unavailable objects to a substitute object that is available.

CHAPTER V

CONCLUSION AND SUGGESTION

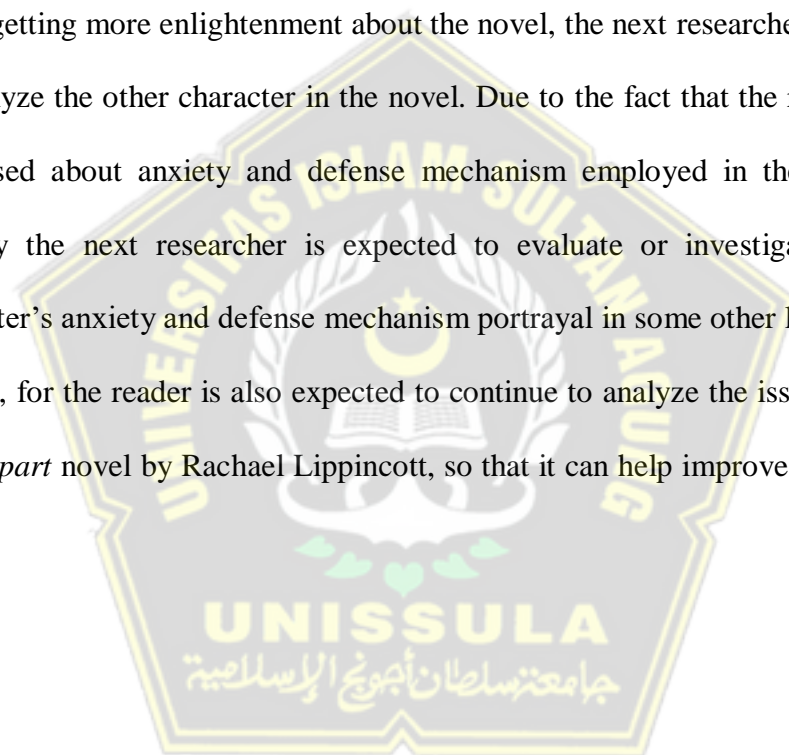
A. Conclusion

The conclusion of the problems in this study is based on the analysis described in Chapter IV. This study analyzes how anxiety is shown within Stella Grant's life and how she overcomes it by employing defense mechanism from the *Five Feet Apart* novel 2018 by Rachael Lippincott. In this study, there are five anxieties portrayed as well as for the defense mechanisms which interweave with each of the anxiety. The depiction of factors that evoke Stella's anxiety is portrayed as neat and immaculate. Several problems also found along the way, which also lead her distress. The anxieties Stella experienced in the novel cover all types of anxiety such as: Reality Anxiety, Neurotic Anxiety and Moral Anxiety. She experienced Reality anxiety when she was forced to keep her distance which is six feet away to be exact, from her boyfriend who also a *CF* patient, which at this point brought her to perform a Rationalization as her defense mechanism, she was also faced between life and death, whether or not she will take the new lungs transplant, wherein Substitution was performed, and Displacement was employed in the situation where she found out her best friend who also suffered from *CF* died at the hospital they had been staying since they were diagnosed as a *CF* patients. Neurotic anxiety depiction in the novel was when Stella had to go through a surgery alone without her sister and that the fact that she was always sticking up with her regimen and all medications she had to take still did not help her to be healthier, Denial was clearly employed in this situation. Regarding the

moral anxiety she had to go through was when she was burst with guilt about her sister's death which then she perform Reaction Formation as her defense mechanism. It concludes that as for the defense mechanisms found in the novel are Reaction Formation, Rationalization, Denial, Substitution and Displacement.

B. Suggestion

This study, focuses on the psychological aspect of a girl named Stella Grant. After getting more enlightenment about the novel, the next researcher may be able to analyze the other character in the novel. Due to the fact that the researcher has discussed about anxiety and defense mechanism employed in the human life, thereby the next researcher is expected to evaluate or investigate any other character's anxiety and defense mechanism portrayal in some other literary works. At last, for the reader is also expected to continue to analyze the issue in the *Five Feet Apart* novel by Rachael Lippincott, so that it can help improve the analytical skills.



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