

**THE ANALYSIS OF ANXIETIES AND DEFENSE MECHANISMS
TOWARD MARLIN AS THE MAIN CHARACTER
IN *FINDING NEMO* (2003) FILM**

FINAL PROJECT

Presented as Partial Fulfillment of the Requirement

to Obtain the *Sarjana Sastra* Degree In English Literature



NOVI NUR CAHYATI

30801800031

ENGLISH LITERATURE STUDY PROGRAM

FACULTY OF LANGUAGES AND COMMUNICATION SCIENCE

SULTAN AGUNG ISLAMIC UNIVERSITY

SEMARANG

2022

PAGE OF VALIDATION

A Final Project entitled

**THE ANALYSIS OF ANXIETIES AND DEFENSE MECHANISMS TOWARD MARLIN
AS THE MAIN CHARACTER IN *FINDING NEMO* (2003) FILM**

Prepared and Presented by:

NOVI NUR CAHYATI

30801800031

Defended before the Board of Examiners

on July 12th 2022

And Declared Acceptable

Board of Examiners

Chairman : Idha Nur Hamidah, S.S., M.Hum.

Secretary : Riana Permatasari, M.A., M.Pd.

Member : Destary Praptawati, S.S., M.Hum.

Semarang, July 25th 2022

Faculty of Language and Communication Science UNISSULA



Dean

Kurniawan Yudhi Nugroho, S.Pd., M.Pd.

STATEMENT OF WORK'S ORIGINALITY

Hereby, I honestly declare that the undergraduate thesis I wrote does not contain the work or part of the works of other people, except those which were cited in the quotations and the references, as a scientific paper should. If my statement is not valid in the future, I absolutely agree to accept an academic sanction in the form of revocation of my paper and my degree obtained from the paper.

Semarang, June 26th 2022



Novi Nur Cahyati



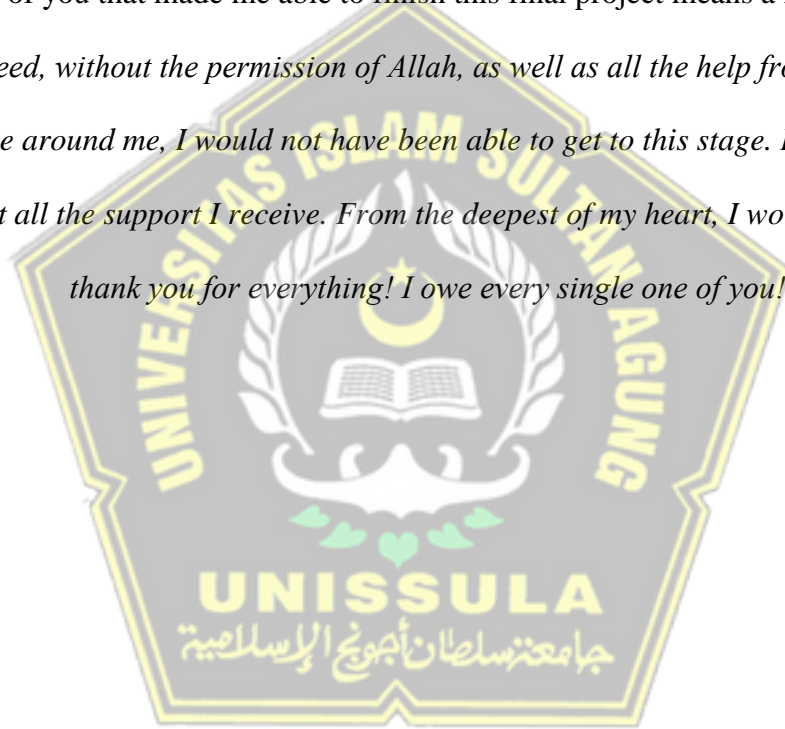
MOTTO:

“If you don’t work hard, there will be no good results”

DEDICATION:

I dedicate this final project to myself who have worked hard until the end, to my family who has supported and facilitated everything, and to my friends who are always helping me in every process and always motivated me. The support from all of you that made me able to finish this final project means a lot to me.

“Indeed, without the permission of Allah, as well as all the help from the good people around me, I would not have been able to get to this stage. I am nothing without all the support I receive. From the deepest of my heart, I would like to say thank you for everything! I owe every single one of you!”



ABSTRACT

Cahyati, Novi Nur. 30801800031. The Analysis of Anxieties and Defense Mechanisms toward Marlin as the Main Character in *Finding Nemo* (2003) Film. Final Project of Language and Communication Science Faculty. English Literature Study Program. Sultan Agung Islamic University Semarang. Advisor: Idha Nur Hamidah, S.S., M.Hum.

Finding Nemo (2003) film by Andrew Stanton is the object of analysis in this study. The purpose of this study is to analyze the anxiety experienced by Marlin as the main character and explain how to reduce the anxiety by using anxiety theory and defense mechanisms by Sigmund Freud.

The method used to analyze in this study was descriptive qualitative. The main data used for this study were taken from films which include dialogue, narration, and monologue. Then, the secondary data used for this study were taken from articles, journals, books, book reviews, previous research and textbooks related to the research. The steps used to collect data were watching film and reading film script, identifying data, and classifying data.

There were two results found in this study. First, Marlin as the main character in the film *Finding Nemo* (2003) experienced anxiety, namely realistic anxiety and neurotic anxiety. Second, Marlin used defense mechanisms to reduce his anxiety. The defense mechanisms used were Regression, Displacement, Reaction Formation, and Sublimation.

Keywords: Sigmund Freud, anxiety, defense mechanisms, *Finding Nemo* film

INTISARI

Cahyati, Novi Nur. 30801800031. Analisis Kecemasan dan Mekanisme Pertahanan terhadap Marlin sebagai Tokoh Utama di Film *Finding Nemo* (2003). Skripsi Program Studi Sastra Inggris Fakultas Bahasa dan Ilmu Komunikasi Universitas Islam Sultan Agung Semarang. Pembimbing: Idha Nur Hamidah, S.S., M.Hum.

Film *Finding Nemo* (2003) karya Andrew Stanton adalah objek analisis dalam penelitian ini. Tujuan dari penelitian ini adalah untuk menganalisis adanya kecemasan yang dialami oleh Marlin sebagai tokoh utama dan menjelaskan bagaimana cara mengurangi kecemasannya dengan menggunakan teori kecemasan dan mekanisme pertahanan oleh Sigmund Freud.

Metode yang digunakan untuk menganalisis penelitian ini adalah deskriptif kualitatif. Data utama yang digunakan untuk studi ini diambil dari film yang mencakup dialog, narasi, dan monolog. Lalu, data sekunder yang digunakan untuk studi ini diambil dari artikel, jurnal, buku, resensi buku, penelitian sebelumnya dan buku teks yang berhubungan dengan penelitian. Langkah-langkah yang digunakan untuk mengunpulkan data yaitu seperti menonton film dan membaca naskah film, mengidentifikasi data, dan mengelompokkan data.

Dari penelitian ini ditemukan dua hasil. Pertama, Marlin mengalami kecemasan, yaitu kecemasan realistik dan kecemasan neurotis. Kedua, Marlin menggunakan mekanisme pertahanan untuk mengurangi kecemasannya, yaitu regresi, pemindahan, pembentukan reaksi, dan sublimasi.

Kata kunci: **Sigmund Freud, kecemasan, mekanisme pertahanan, film *Finding Nemo***

ACKNOWLEDGEMENT

First of all, I would like to express my sincere gratitude to Allah *Subhanahu Wa Ta'ala*, the Lord of the Universe, who has always given me extraordinary grace and blessing so that I could complete this final project. Second, *shalawat* and *salam* are always conveyed to our prophet Muhammad *Shallallaahu 'Alaihi wa Sallam*, who saved us from the darkness and guided us to the right path named Islam.

Moreover, I realize this final project would never have been completed without the help, guidance, and support of several parties involved. Therefore, through this opportunity, I would like to say a million thanks to the following people who are always there in every process that I go through:

1. Kurniawan Yudhi Nugroho, S.Pd., M.Pd. as the Dean of Language and Communication Science Faculty of Sultan Agung Islamic University Semarang.
2. Idha Nurhamidah, S.S., M.Hum. as the head of English Literature Department of Language and Communication Science Faculty of Sultan Agung Islamic University Semarang, also as my advisor and my academic advisor since the first semester who always gives me time, the guidance, support, and encouragement since the preliminary of this final project until the end.
3. All lecturers of the Language and Communication Science Faculty of Sultan Agung Islamic University Semarang who have given and taught me extraordinary and useful knowledge.

4. My beloved parents, for all the love, hard work, support, encouragement, and sincere prayers for the success of my life.
5. Rika Novilia, Noor Atiyan Puji Lestari, Nur Azizah, and Putri Apriani, my best friends since the first day of being a college student, are always there and help me with all my difficulties when I am alone and away from home.
6. All of the students of English Literature 2018, for the help, support, and great memories during my study on this campus.
7. Everyone who might not be able to mention one by one for all their prayers and support to finish this final project.
8. Mba Lulu' Aturrosyidah, senior students of English Literature who has given me inspiration from her thesis.

I do realize this final project is way far from perfection. Thus, any suggestions and criticisms will be very meaningful for this final project. Lastly, I hope that this final project could still provide enlightenment or benefit to anyone who reads it.

Semarang, June 26th 2022



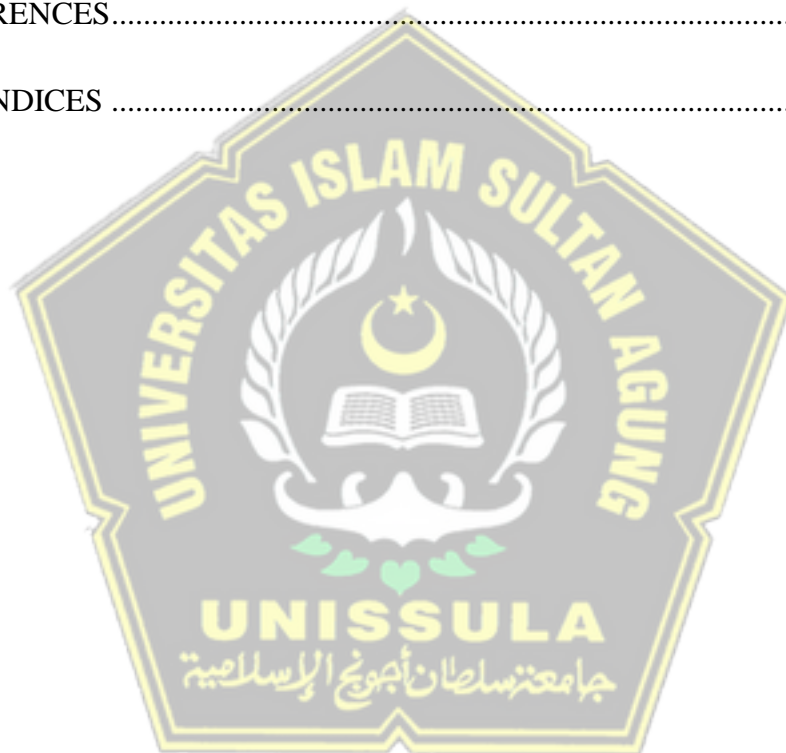
Novi Nur Cahyati

TABLE OF CONTENT

COVER	i
PAGE OF VALIDATION	ii
STATEMENT OF WORK'S ORIGINALITY	iii
MOTTO:	iv
ABSTRACT	v
INTISARI.....	vi
ACKNOWLEDGEMENT	vii
TABLE OF CONTENT	ix
CHAPTER I.....	2
INTRODUCTION	2
A. Background of the Study.....	2
B. Problem Formulations.....	6
C. Objectives of the Study.....	7
D. Limitation of the Study	7
E. Significances of the Study.....	7
F. Organization of the Study	8
CHAPTER II.....	9
REVIEWS OF RELATED LITERATURE	9
A. Synopsis of <i>Finding Nemo</i>	9

B. Related Literature.....	15
B.1 Anxiety.....	15
B.2 Defense Mechanisms	18
CHAPTER III	25
RESEARCH METHOD.....	25
A. Types of Research.....	25
B. Data Organizing	25
B.1 Data Collecting Method.....	25
B.2 Types of the Data	27
C. Analyzing the Data.....	27
CHAPTER IV	28
FINDING AND DISCUSSIONS.....	28
A. Anxiety Experienced by Marlin in Finding Nemo (2003) Film	28
A.1. Realistic Anxiety.....	28
A.2. Neurotic Anxiety.....	33
B. The Defense Mechanisms Experienced by Marlin in Finding Nemo (2003) Film	38
B.1. Displacement.....	38
B.2 Regression	40
B.3 Reaction Formation.....	41

B.4 Sublimation	42
CHAPTER V.....	42
CONCLUSION AND SUGGESTION	42
A. Conclusion	42
B. Suggestion.....	43
REFERENCES.....	44
APPENDICES	50



CHAPTER I

INTRODUCTION

A. Background of the Study

Literature connects life and individual experiences. It records their thoughts that are accessible to others, even though the experience breaks down. Furthermore, literature influences people by teaching, entertaining and inspiring them to take action in life. It also helps them to accept other people's lives. Literature indeed reflects the society, its good values and its bad values. According to Duhan, literature is a reflection of society in behaving in virtue and goodness. Everything that happens in society also exists in literature, which of course describes human life and actions (192). Literature, as an imitation of human action, often presents a picture of what people think, say and do in the society. Not only describes a society but literature can also serve as a correcting mirror through which members of society can look at themselves and discover the need for positive change.

Various kinds of disciplines that explore literature are connected in many fields such as history, philosophy, economics, sociology, psychology, and others. Coon & Mitterer in his book said, "Psychology is the right discipline to study about behavior, actions, and relationships between humans. Psychology is defined as 'the scientific study of behavior and mental processes'" (1).

Personality and behavior are two things that can define humans as complex creatures. These two things are closely related to the psychological aspects of

humans. It concludes that literature and psychology have a correlation to each other. According to Goksen Aras, literature and psychology have a strong correlation in facts about human feelings which include their reactions to the world, desires, emotions, fears, concerns, anxiety, and various views related to humans and their presence contained in literature (251).

There are many experts who also put their theories on psychology, one of them is Sigmund Freud was the founding father of psychoanalysis. According to McLeod, psychoanalysis theory is a technique for treating mental illness and human behavior (cited in Simply Psychology). Sigmund Freud is an expert who created this technique and served as a theory based on his personal experience by observing his patients with emotional disorders. This theory will help to understand human nature, behavior, and personality development. Freud believed that every human being has his own psychological history that begins in childhood. These early experiences shape an individual's adult behavior (Tyson 12).

Freud introduced the theory of personality in 1923. According to McLeod, “Freud's personality theory saw the psyche structured into three parts (i.e., tripartite), the id, ego and superego, all developing at different stages in our lives. These are systems, not parts of the brain or in any way physical” (cited in Simply Psychology). Each personality structure has its own functions, characteristics, components, working principles, dynamics and mechanisms. The three-dimensional structures work together with each other to create a balanced

personality. The id or psychic region is the completely unconscious core of personality. The id is not related to reality, but it strives constantly to reduce tension by satisfying basic desires. This id functions for pleasure, and serves the pleasure principle (Feist and Feist 33). The ego is a component of personality that is responsible for dealing with reality. The ego is governed by the reality principle, which tries to replace the pleasure principle of the id. The ego as the only area of the mind that is related to the outside world, it becomes the decision maker. However, being partly conscious, partly preconscious, and partly unconscious, the ego can make decisions at each of these three levels (Feist and Feist 35). While the superego is operates on the moral and ideal aspects of the personality and is guided by moralistic and idealistic principles. The superego also has no contact with the outside world and therefore the superego is unrealistic in its demands for perfection. The superego opposed to the pleasure principle of the id and the realistic principle of the ego (Feist and Feist 36). These three personality structures have a very important role in human life because they can control human actions and feelings. In short, when the id's wishes or drives are continuously granted without looking at the existing principles, it will cause feelings of guilt and shame that will appear at the same time as anxiety.

Humans are created with all the worries. Every day, humans are faced with a condition or situation that can trigger anxiety. For example during sudden exams, making presentations, being late for class, task deadlines, and so on. As stated Paul Swift et al in their book,

Anxiety is a familiar emotion because it is part of everyone's experience. Its natural function is to alert us to potential threats, allowing us to evaluate and respond to them in appropriate ways. This heightened state of readiness can also help people perform better and stimulate creative impulses (5).

In defining anxiety, Freud (1933/1964) emphasized that it is a perceived, unpleasant state accompanied by physical sensations that warns the person of impending danger. The unpleasantness is often vague and difficult to define, but anxiety itself is always felt (Feist and Feist 39). This feeling will arise if a person feels himself in danger.

Anxiety can happen to anyone. This anxiety indicates that the ego is being threatened. Therefore, the ego plays a role in protecting or defending itself by using defense mechanisms. A person experiencing anxiety should find ways to reduce the anxiety. Therefore, Freud also created a theory of defense mechanisms to reduce anxiety. The ego deals with the demands of reality, the id, and the superego as best it can. But when the anxiety becomes overwhelming, the ego must defend itself so that the anxiety is overcome. It does so by unconsciously blocking impulses or turning them into more acceptable and less threatening forms. This technique is called the ego defense mechanism (Boeree 7). This defense mechanism is there to help fight off the disturbing feelings or uncomfortable feelings caused by anxiety.

Anxiety does not only occur in the real world, but also occurs in characters in films through dialogue, prologue, or narration. Therefore, this study will analyze

the psychological aspects of the anxieties and defense mechanisms experienced by the main character in *Finding Nemo* (2003) film.

Finding Nemo (2003) is a film that tells about the life of a pair of clown fish named Marlin and his wife Carol who live in Anemone around the coral reefs. Their lives are full of joy because they are waiting for their future children to hatch and see the world. However, after his wife and future child were killed by a wild animal in the ocean and only Nemo was left, Marlin was very worried about what will happen in the future. Therefore, Marlin forbade Nemo to go to the drop-off and not to do anything dangerous. Marlin assumes that ocean is not safe.

Finding Nemo (2003) film describes the symptoms of anxiety that occur in the main character. Besides, the main character also shows the defense mechanisms to overcome his anxiety as well as a form of avoiding pain. Therefore, this research focuses on analyzing the anxieties and defense mechanisms used by Marlin as the main character.

B. Problem Formulations

Based on the background of the study, the problem formulations are:

1. What are the anxieties experienced by Marlin as the main character in *Finding Nemo* (2003) film?
2. How does Marlin as the main character use defense mechanisms to cope his anxieties in *Finding Nemo* (2003) film?

C. Objectives of the Study

Based on the problem formulations, the objectives of this research are:

1. To identify and analyze the anxieties experienced by Marlin as the main character in *Finding Nemo* (2003) film.
2. To explain the defense mechanisms used by Marlin as the main character in *Finding Nemo* (2003) film.

D. Limitation of the Study

This research focused on the psychological problems in *Finding Nemo* (2003) film that analyze the anxieties and defense mechanisms experienced by Marlin as the main character in *Finding Nemo* (2003) film.

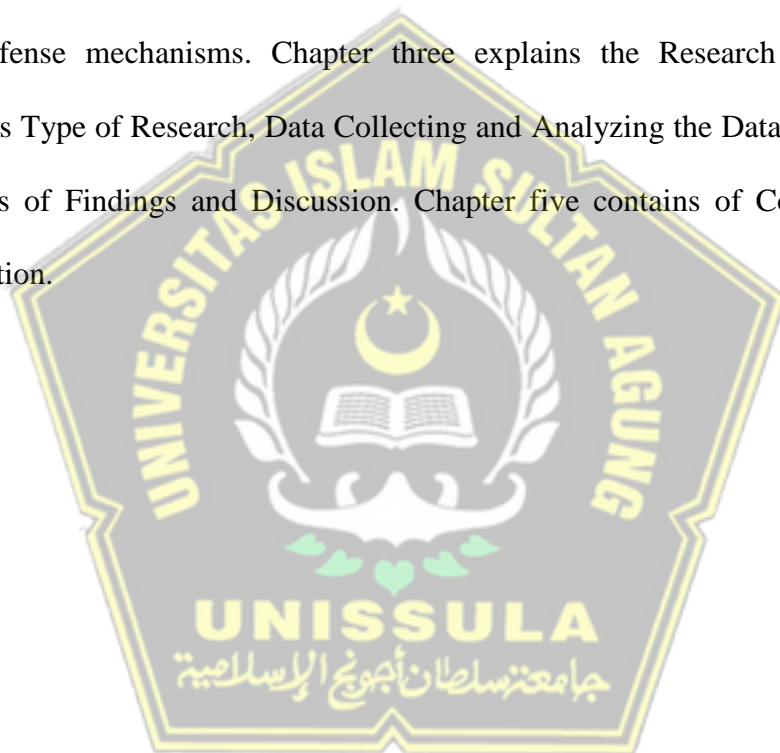
E. Significances of the Study

The results of this research are expected to be useful as:

1. It hopefully can help students to deeply understand about psychoanalysis theory by Sigmund Freud regarding anxiety theory and defense mechanisms.
2. It expected to bring new insights that can be used as references to English Literature students of Language and Communication Science Faculty in Sultan Agung Islamic University for analyzing literary works that are related to psychological approach.

F. Organization of the Study

This research is divided into five chapters. Chapter one provides Background of The Study, Problem Formulations, Limitation of the Study, Objectives of the Study, Significances of the Study and Organization of the Study. Chapter two explains Reviews of Related Literature that consists of Synopsis of *Finding Nemo*, Psychological Approach, and some theories related to the study such as anxiety and defense mechanisms. Chapter three explains the Research Method that involves Type of Research, Data Collecting and Analyzing the Data. Chapter four contains of Findings and Discussion. Chapter five contains of Conclusion and Suggestion.



CHAPTER II

REVIEWS OF RELATED LITERATURE

A. Synopsis of *Finding Nemo*

Once upon a time, at the bottom of the sea, a small fish living comfortably as well as a clownfish, Marlin and his wife Coral who live in the anemone. They were talking and looking at the beauty of the sea. Marlin wanted to name some of their children Marlin Jr and Coral Jr, however, Coral preferred Nemo. Lost in the conversation, they realized that the small fish were no longer around. After they observed, not far from them stood a Barracuda who was looking at them and their eggs. Marlin told Coral to get into the rock and assured him that the eggs will be safe, but Coral ignored him. Marlin tried to save the two by fighting the Barracuda, however, he instead bounced and hit the rock and then fainted. After he realized it, Marlin was very sad because there was only one egg left. He promised to protect his son and gave him the name Nemo as Coral liked.

Someday, Nemo was ready to go to school. Nemo was very excited because it was his first day of school. Marlin reminded Nemo that the ocean was not safe. Of course, Marlin was very protective of Nemo. Marlin checked the situation outside first before they left his residence for school. When arrived at school, Nemo's new friend asked about his fins that looked different. This happened because when Nemo was still in the form of an egg, the egg was not perfect because of the attack from Barracuda. Therefore Marlin was hesitant to let Nemo go to school and very protective of him.

Even when going to explore the ocean, Marlin advised the teacher to rest if Nemo was getting tired. Marlin was calm because he thought his son only explored the closest place, however, it turned out that Nemo was going to the drop-off. Marlin immediately followed Nemo after knowing that Nemo was going into the drop-off. Before long, Marlin reached the drop-off and met Nemo. Marlin scolded him badly because Nemo did not obey his words. Marlin said that Nemo cannot swim well and decided to go to school for the next two years. Nemo felt that his father acted like that because he was afraid of the ocean; finally, he wanted to prove that his father's words were not true anymore. Nemo rebelled and decided to swim closer to a boat. Marlin who saw that asked Nemo to come back to him. Before that happens, the divers suddenly came and took Nemo away. Marlin panicked and tried to chase the dive boat that was carrying Nemo. Unfortunately, he lost track of it.

Marlin began to swim away from the coral reef where he lived. On the way, he asked a group of fish if they saw a boat that had just passed around, however, there was no one to answer. Marlin collided with another fish named Dory, causing Marlin to lose consciousness. When he regained consciousness, Marlin asked Dory if he saw any boats passed around the oceans. Dory, who saw the boat, asked Marlin to follow him. Not long after that, Dory even accused Marlin of following her. Dory forgot that it was herself who asked Marlin to follow her to show the direction the dive boat was going. Marlin was very angry with Dory if she was considering a joke and what she did at that time. Dory did

not mean to act like that but rather she had short-term memory loss caused by heredity. Marlin, who felt cheated, left Dory alone.

When Marlin was about to leave Dory, they met a shark named Bruce. Of course they cannot refuse Bruce's invitation to join the other shark's party. The meeting between the sharks and Marlin and Dory went smoothly. When Marlin came forward to speak, he saw the mask that was used by divers stuck in the rocks. When Dory was about to ask a group of sharks for help to read the writing on the diver's mask, Dory actually hurt and made Bruce want to eat Marlin and Dory. Of course, they saved themselves from Bruce. Bruce never gave up chased them until there was an explosion caused by the remains of the ship that hit the bomb at the location where Marlin and Dory were being chased by Bruce. Fortunately, Marlin and Dory managed to escape from the sharks.

On the other hand, Nemo was taken to Sydney where the diver was. Nemo was placed in the diver's aquarium and the other fish from the pet shop, and there was one fish from the same ocean named Gill. When Nemo was told by a diver that he will be given to his nephew as a gift, of course, Nemo did not want to and must return to his father immediately.

Meanwhile, after surviving the pursuit of the sharks, Marlin and Dory managed to find the diver's mask that brought Nemo. However, the mask fell under the dark sea. Marlin was angry again with Dory because she had dropped the only thing that could lead him to find Nemo. Even though Marlin was always angry with her, Dory still helped Marlin. Marlin finally swam down the dark sea with Dory to look for the diver's mask. Suddenly, they met an anglerfish who

wanted to eat them. Marlin, who managed to find the diver's mask, also served to distract the anglerfish, while Dory read the writing on the diver's mask. They managed to trap the anglerfish stuck in the diver's mask and Dory managed to read those writings.

After Nemo was accepted as part of the fish in the aquarium, Gill planned to help Nemo escape from the aquarium and out into the ocean to meet his father. The other fish initially opposed Gill's plan, however, Gill managed to convince the fish that the new plan was different because of Nemo. Only Nemo was able to pass through the filter in the aquarium. They planned that Nemo had to stop the wheel by throwing pebbles at the wheel. It will make the aquarium even dirtier and the owner of the aquarium, the dentist, cleaned the aquarium. When the dentist removed the fish from the aquarium and wrapped them in a plastic bag filled with water, the fish would roll out into the harbor. That's their entire plan.

Marlin decided he wanted to continue on his journey. Marlin thought that being with Dory would only delay him again. Dory again helped Marlin and asked the group of small fish where Sydney was. The group of small fish also told Marlin and Dory how they got to Sydney by following EAC's flow or East Australian Current. They continue their journey toward the flow.

Before finding the flow, Marlin and Dory had to pass through a towering moat. Dory told Marlin that they should swim through it instead of over the ditch. However, Marlin did not believe Dory and kept passing over the ditch. After making it to the top of the trench, another danger came. They were caught in a

swarm of jellyfish that were bigger than them. With their tenacity, they could get out of the jellyfish swarm.

Gill approached Nemo who was looking at the ocean. Nemo missed his father, but he doubted if his father was looking for him because his father was afraid of the ocean. When the dentist was in the bathroom, the plans for the fish in the aquarium began. Nemo began to swim up to the top of the aquarium and through the filter. Nemo had to stop the rotating fan using the pebbles. Nemo managed to stop the fan and began to swim out through the pipe. While in the middle of the pipe, the pebbles as a prop to keep the fan from spinning even fell off, causing Nemo to almost be crushed by the fan. Luckily, Gill and his friends were able to save Nemo.

After risking his life with a jellyfish, Marlin finally lands on the shell of a turtle named Crush. The herd of turtles was heading to the East Australian Current where the flow was carrying it to Sydney. Marlin told about the search for his son who was taken away by divers to a herd of turtles, and instantly the story spread throughout the ocean. Various types of fish knew the great story of Marlin who did not give up looking for his son. A pelican named Nigel heard Marlin's story and immediately flew to where Nemo was.

Nigel arrived at the diver's house where a dentist was and informed Nemo that his father was looking for him and was on his way to Sydney. Nemo who heard this was very happy and tried to escape again. Nemo swam towards the filter and stopped the fan. His efforts also succeed in making the aquarium very dirty.

Marlin and Dory had managed to get out of the East Australian Current and start swimming straight towards Sydney. On the way, they met a whale. Dory intended to ask the whales for help to get them to Sydney as soon as possible. Suddenly, the whale was right behind them which made Marlin and Dory enter the whale's belly. Marlin was very frustrated if he could not get out of the whale's belly. Marlin blamed Dory for asking the whales for help using ridiculous language however in reality they were stuck in his belly. The water in the whale's belly suddenly dropped and made Marlin and Dory finally come out through the whale's blowhole. Marlin and Dory finally made it to Sydney, at the harbor, and then they must find the boat that carried Nemo.

Luckily, Marlin and Dory met up with Nigel. Nigel took Marlin and Dory to where Nemo was. Arriving there, Marlin failed to bring Nemo back and thought that Nemo was dead. Marlin felt sad. Nemo was only pretending to be dead and Gill managed to make Nemo slide into the wastewater that will lead to the ocean.

Marlin was very sad because he thought Nemo was dead so he decided to go home. Not long after Marlin left Dory alone, Nemo met Dory. Dory remembered who Nemo was, and Dory took him to meet his father who turned out to be heading to the fishing area. While on his way to find Marlin, Marlin was almost caught in the net by fishermen. However, it turned out to be Dory who was caught in the net. Nemo cannot just sit, and then he gave directions to the fish to swim down together. The net finally broke and released all the caught fish.

Finally, Marlin admitted his mistake to Nemo and was able to return to his house. Marlin finally believed in Nemo if he could. Shuttle from EAC also joins Nemo to school in the form of student exchange. Suddenly Bruce and his gang escorted Dory to where Marlin was. The film ended with Nemo who went to explore the ocean and Marlin who had trusted him.

B. Related Literature

B.1 Anxiety

According to Freud (1933/1964) in Feist and Feist defined anxiety as a state of perceived, unpleasant feeling accompanied by physical sensations that appear to warn the person of impending danger. Anxiety itself is always felt and accompanied by discomfort that is not clear and difficult to define (39). This uncomfortable feeling is a negative influence accompanied by fear. Anxiety and fear are usually used to describe a person's emotional feelings. But in fact these two things are different. Fear is described as a warning if he encounters or sees danger. However, this fear will disappear when the danger is gone. This means that fear can be controlled. Meanwhile, anxiety will continue to spread without a clear and difficult object to define.

When we sense danger or think that danger is imminent, the brain sends a message to the nervous system, which then responds by releasing adrenaline. Rising adrenaline makes us feel alert. Increased adrenaline can also cause side effects such as feeling nervous, tense, dizzy, sweating, shaking, or short of breath. These effects can be annoying, but are not harmful to the body (Rector et al 4). Anxiety will appear like an alarm system that is activated when someone senses

danger or a threat. When a person experiences excessive anxiety, defense process is a good thing to prevent such anxiety.

According to Hall, “Sigmund Freud as the founder of psychoanalysis recognized that anxiety could be the sign of being aware of what in the both internal dangers and external dangers. He differentiated three types of anxiety based on the source of anxiety, which are objective anxiety (realistic), neurotic anxiety, and moralistic anxiety” (cited in Pradhana 10). They are:

1. Realistic Anxiety

Realistic anxiety is anxiety about real dangers to the outside world. This anxiety will arise if there is danger in his external life (cited in Farkhatun 10). Realistic anxiety refers to facts about the real danger that occurs in the outside world that can be seen and worried about. For example, fear of leaving the house because of excessive anxiety about the possibility of being hit by a car. This anxiety is usually based on fear of real and possible events although these threats are not certain to occur.

Realistic anxiety serves the positive purpose of guiding our behavior to escape or protect ourselves from actual harm. Our fear will disappear or subside when the threat is no longer there (Schultz 57). When a person realizes that he is experiencing realistic anxiety, that person needs to react effectively to get rid of that anxiety before it reaches other levels of anxiety, such as faints and collapses.

2. Neurotic Anxiety

Neurotic anxiety is defined as “apprehension about an unknown danger” (Feist 34). The feeling itself is in the ego, but it originates from the impulses of the id. In other words, neurotic anxiety occurs because the id contradicts reality.

According to Hall and Lindzey, states that neurotic anxiety develops from childhood experiences where parenting and behavior carried out by parents are rude and do not care for children. When a person experiences neurotic anxiety, he fears the imaginary punishment he receives from a parent figure (cited in Riawandono 13-14).

Basically, neurotic anxiety is dominated by feelings of nervousness. If someone getting feels "lose it," whether they lose control, anger, logical, or even mind, it means that person is experiencing neurotic anxiety (Boeree 7).

3. Moralistic Anxiety

Moralistic anxiety is when a threat comes that doesn't come from outside, from the physical world, but comes from the superego (Boeree 7). This is a type of anxiety that results from the fear of breaking a moral or societal code. Moralistic anxiety is a fear of one's conscience. When people are motivated to express instinctive urges that run counter to existing moral codes, the superego plays a role by creating feelings of shame or guilt (Schultz 58). If someone commits an action that violates the norms in society, then that person will be anxious, ashamed, and fear

of punishment because of violating it. It happens because there is conflict between ego and superego.

In addition, whatever the types of anxiety, anxiety serves as a warning signal to the person that things are not going as they should as the person is in danger. Anxiety reminds the individual that the ego is being threatened and that it must be protected. Therefore, to reduce anxiety the person can use defense mechanisms, which are strategies designed to defend the ego.

B.2 Defense Mechanisms

The ego deals with the demands of reality, the id, and the superego. However, when anxiety becomes overwhelming, the ego must defend itself against various threats. The ego does this by unconsciously blocking impulses or turning them into a more acceptable and less threatening form (Boeree 7). Therefore, before the anxiety gets worse there must be a technique to save it. This technique is called defense mechanisms in order to cope anxiety.

Freud believed that defenses must exist and always operate to some extent. All behavior is motivated by instinct, as well as defensive by defending oneself from anxiety. The intensity of the struggle in personality may fluctuate, but it never ceases (Schultz 58). This defense mechanism operates unconsciously. People who perform these defense mechanisms are not aware of it, which means that on a conscious level we hold distorted or unreal images of our world and ourselves (Schultz 58).

Defense mechanisms are a form of defense to overcome anxiety. Anxiety that occurs should not be left alone. To overcome this anxiety, Sigmund Freud created and introduced the defense mechanism theory in 1926 and then refined by his daughter Anna Freud in several parts (Feist 40). According to Feist, Freud identified defense mechanisms into several parts:

1. Repression

Repression is one of the most basic forms of defense mechanisms. Freud states, whenever the ego is threatened by unwanted id impulses, the ego protects itself by suppressing those impulses, forcing threatening feelings into the unconscious (Feist 41). However, these suppressed impulses can find their way out in the form of dreams, delirium, or one of the other defense mechanisms. For example, someone who almost drowned as a child, but the person cannot remember the event even when people try to remind him. However, he did have a fear of open water. Usually, the irrational fears we call phobias stem from the repression of trauma.

Anna Freud also called repression as "forgetting motivation," which is a state of being unable to remember a threatening situation, person, or event. It is also dangerous, and is part of most other defenses (Boeree 8). In many cases, repression can last a lifetime. For example, a young girl might permanently repress her hostility towards her little sister because her feelings of hatred create too much anxiety.

2. Reaction Formation

According to Freud, reaction formation is defense mechanisms that express an impulse in the opposite way of what he really feels. Usually the person will be obsessive so that his environment does not realize what he really feels (Feist 41). People who perform these defense mechanisms usually disguise or cover up their true feelings. He must stand firm in shaping his reaction by hiding the truth so that his anxiety does not arise. In short, the concept of this formation reaction is to act in the opposite way with the actual condition.

Anna Freud also called reaction formation as "belief in the opposite," that is, a condition of turning an unacceptable impulse into its opposite (Boeree 10). For example, there is a child who is angry with his mother, but the child becomes too concerned about his mother and even more affectionate. It is a proof of reaction formation carried out by someone as a form of defense mechanism.

3. Displacement

According to Freud, displacement is a defense mechanism that happens because an individual cannot let go of his true feelings and then directs or vents to other people, animals or objects to satisfy the id (Feist 42). In displacement, people can direct their unacceptable impulses toward other people or objects so that the original impulses can be disguised or hidden. Displacement doesn't work like reaction formation, which overreacts, but instead takes it out on other objects. Someone who

is stressed because of a lot of work in the office will take it out on pets or family members when at home.

Displacement is the transfer of impulses to a substitute target. If the urge, the desire, is okay with you, but the person you are directing the desire to be too threatening, you can displace to someone or something that can serve as a symbolic substitute (Boeree 9). For example a person frustrated by his boss might come home and kick a dog or beating up his family members.

4. Fixation

Normally, psychical growth takes place continuously through various stages of development. The process of psychological growth is not without moments of stress and anxiety. According to Feist in his book, Freud, 1917/1963 states that fixation is when development that should be going on normally, but instead is hampered because further development will be difficult. When the prospect of taking the next step becomes too anxious, the ego may use strategies to stay in a more comfortable state (42). If the next stage is too difficult to make him anxious, then he prefers to be stuck in a state where he feels comfortable. Therefore, it causes very strong frustration and anxiety.

5. Regression

Freud states that regression is a movement back to an earlier stage when a person is under stress or is frustrated (Feist 42). The previous

stage in question is a time when the person is in a safe, comfortable, and no pressure phase.

Regression is also common in older children and in adults. Usually people who have this regression defense mechanism tend to be childish and rigid (Schultz 60). These people are childish is a means to reduce anxiety. This means, this regression occurs because of a shift from mature behavior to immature behavior because the person feels safe and comfortable in that state.

6. Projection

According to McLeod, projection is the association of disturbing anxiety with threatening or unacceptable urges to another person (cited in Simply Psychology). It means that the threat that comes from him is associated with the people around him. These projection defense mechanisms can give a person the opportunity to express their true opinion to others.

Impulses, and unacceptable aggression, are thought to belong to others, not by oneself (Schultz 60). For example, a student cheated on a test. He assumes that other students who get high scores also cheat on exams just like him. This means, he attributes his threatening thoughts to others.

7. Introjection

According to Freud, introjection is defense mechanisms by which people incorporate the positive qualities of others into their own egos

(Feist 43). People who experience this introjection will feel themselves valuable and allow them to feel better about themselves. In other words, this introjection is useful for someone who has anxiety. For example, a teenager who imitates the life style and behavior of an artist he idolizes. By imitating it, they feel better about themselves and their self-esteem increases. Thus, everyone can reduce the anxiety associated with feelings of inadequacy by adopting, imitating or introjection the values, beliefs, and behaviors of others.

8. Sublimation

While displacement involves a substitute object to satisfy the id's impulses, sublimation involves changing the id's impulses to something useful and acceptable. Instinctive energy is diverted to other channels of expression, which society considers acceptable and admirable (Schultz 60). According to Freud (1917/1963), a sublimation mechanism is very helpful, both for individuals and for social groups (Feist 44). So, it is not only useful for oneself, but this sublimation mechanism is useful for the benefit of the group.

According to McLeod, sublimation is a defense mechanism to channel and express their emotions to something useful. For example, many great artists or artists have had bitter experiences or life was not smooth enough, so they use art and music as a medium to channel their emotions (cited in Masykuroh 11).

In short, all defense mechanisms are needed for people with anxiety disorders. All defense mechanisms also protect the ego from anxiety. Usually, defense mechanisms are beneficial to the individual and harmless to society. Therefore, all disturbing anxiety can be overcome and help people who suffer from anxiety can be reduced or can be useful for society.



CHAPTER III

RESEARCH METHOD

A. Types of Research

The research method used in this research is a qualitative method. Qualitative methods focus on collecting texts, images, audios or sounds. According to Flick 2014b and Schurink 2013 et al, “In the case of qualitative research the data are mainly textual, graphic, audio or other non-numerical data” (cited in Arcer 2). In short, the text is the main source of qualitative method.

Qualitative data analysis is also applied to find and describe issues in the field. Therefore, the data used for this research explained using a descriptive method seen through words, phrases, dialogues, monologues, and prologues. Relying exclusively on text as the main data source, this research uses the film script *Finding Nemo* by Andrew Stanton (2003) as its study object.

B. Data Organizing

B.1 Data Collecting Method

In this research, there are three stages used to collect data, such as:

1. Watching the Film and Reading the Film Script

The first stage was to watch the film and read the film script several times. The first was watching the original film. By watching the film, the researcher can see the expressions and emotions that exist in the character. The second was to read the film script to identify the characters, understand the themes, conflicts, and plots. This was done with the aim of feeling emotions, and understanding interesting issues that occur in the film. The last stage in this stage was to show and explain how this film can be viewed and analyzed using a psychological perspective.

2. Identifying the Data

After watching the film and reading the film script several times, the next step was to identify the data. This stage was focused on important part such as the dialogues, descriptions, and narrations related to the research. To make it easier, the researcher wrote down the data obtained and added side notes next to the sentences suspected to be the potential data. This means that only data that has the potential to be evidence of the problem formulation is used in this process.

3. Classifying the Data

After getting the data from the process of identifying the data, the next step was classifying the data. Classifying is to group it by type of data such as numbers, quotes from film scripts, pages,

comments, references, types of analysis, and types of data. All the data that has been grouped and made into a table called appendices.

B.2 Types of the Data

Data in this research was categorized into two. It is primary and secondary data.

1. Primary data in this research taken from *Finding Nemo* by Andrew Stanton (2003) film and the film script.
2. The secondary data in this research taken from articles, journals, books, book reviews, previous studies and textbooks related to the research. These sources are carefully selected to support explanations and clarification of primary data being used in the analysis process.

C. Analyzing the Data

Analyzing the data and reporting on the data analysis was the last stage of this study. This research used qualitative methods to analyze the data. This study was also analyzed using a psychological approach. In the analysis process, the researcher also incorporates the theory of anxiety, the defense mechanisms proposed by Sigmund Freud, and also other supporting theories. The analysis and findings are reported in Chapter IV.

CHAPTER IV

FINDING AND DISCUSSIONS

This chapter contains answers to the two problem formulations that have been written in chapter one. This will show that Marlin has experienced some anxiety as the main character in *Finding Nemo* (2003) film, and also shows how to deal with anxiety that is done by Marlin in *Finding Nemo* (2003) film.

A. Anxiety Experienced by Marlin in Finding Nemo (2003) Film

Sigmund Freud is most known as the founder of psychoanalysis. He created this technique and served as a theory based on his personal experience by observing his patients with emotional disorders. This theory developed over time, so the theory of anxiety was introduced by Freud in 1890.

According to Freud (1933/1964) in Feist and Feist defined anxiety as a state of perceived, unpleasant feeling accompanied by physical sensations that appear to warn the person of impending danger. Anxiety itself is always felt and accompanied by discomfort that is not clear and difficult to define (39). Freud differentiated three types of anxiety but in this film there are two types of anxiety that the main character experienced.

A.1. Realistic Anxiety

One of the anxieties in *Finding Nemo* (2003) film is realistic anxiety. According to Freud, realistic anxiety is fear that caused by real dangers to the outside world. This anxiety will arise if there is danger in his external life (cited in Farkhatun 10). It refers to facts about the real danger that occurs in the outside

world that can be seen and worried about. Marlin's experienced realistic anxiety can be seen through the narrative and dialogue below:

EXT. ANEMONE HOME – CONTINUOUS

Marlin pocks his head out

Marlin: "Where'd everybody go?"

Notices Coral. She is absolutely still.

A BARRACUDA floats in the murk, staring them down. Marlin tries to whisper without moving.

Marlin: "Coral. Get inside the house, Coral."

He catches her glancing down at the eggs in the grotto.

Marlin: "No. No, Coral. Don't. They'll be fine. Just get inside. You. Right now."

Coral breaks for it. The barracuda lunges at her.

Marlin: "No!!"

Marlin collides with the barracuda – Its jaws snap – He dodges -- The Barracuda's tail smacks him hard against the rocks. Marlin falls limp into the anemone..." (*Finding Nemo* 03:07-03:32).

Meeting the dangers we face right in front of us makes us anxious and afraid. In this section, Marlin asks where everyone has gone. He then saw Coral who was frozen staring ahead. Not far away, a Barracuda was staring at them. Marlin who saw it was very afraid and worried about the danger that would be caused. Marlin also told Coral to go into their house. However, Coral did not listen to Marlin and wanted to protect the eggs. Marlin, who was trying to protect

Coral from danger, finally collapsed on the rocks due to the impact of the barracuda's tail. Coral and its eggs are eaten by Barracuda. It can be seen that Marlin's realistic anxiety is when he meets Barracuda. Marlin's anxiety can be seen and can be feared in accordance with Freud's theory about realistic anxiety.

The second proof of realistic anxiety that Marlin experienced it can be seen from the dialogue and narrative below:

CONTINUED

Marlin: **"You just paddle your little tail right back here, Nemo. That's right. You are in big trouble, young man. Do you hear me? Big..."**

Nemo begins his long swim back, rolling his eyes at Marlin when A GIANT DIVER slowly rises up from behind him, filling the entire frame. Everyone sees it -- except Nemo.

Marlin **"(voice goes small): "Big..."**

Marlin opens his mouth, but nothing comes out. The words are stuck in his throat. The kids all scream in terror. Nemo finally looks back to see HIS REFLECTION IN THE GIANT DIVER'S MASK. He screams.

Nemo: "Daddy! Help me!" (*Finding Nemo* 14:43-14:58).

Face-to-face with danger certainly makes us afraid. Just like Marlin when facing real danger made her anxiety arise. In this part, Marlin warns Nemo not to touch the bottom of the boat. But Nemo did not heed his father's warning. He had touched the bottom of the boat. After touching it, Marlin told Nemo to stay away from there. Otherwise, he would be in big trouble. And as it turned out, his father

was right. Not far from where Marlin was, the divers appeared. Marlin who saw this opened his mouth and was unable to say a word. The words caught in his throat. It can be seen that Marlin's realistic anxiety is when he sees the divers and the thing he fears happens.

The third proof of Marlin's realistic anxiety can be seen from the dialogue and narrative below:

Marlin turns to go when he finds himself face to face with A GREAT WHITE SHARK

Great White Shark (all teeth): "Hello."

Marlin doesn't dare move.

Dory (cheery): "Well, hi!"

Great White Shark: "Name's Bruce"

The huge shark juts out a fin. Marlin stays frozen.

Great White Shark: "S'alright. I understand. Why trust a shark, right?"

CONTINUED

Bruce chomps for effect. Marlin leaps behind Dory. Bruce laughs hard. (*Finding Nemo* 18:58-19:15).

The type of anxiety that refers to the dangers of the outside world is called realistic anxiety. In this section, when Marlin turned his gaze, he came face to face with a great white shark. He was shaking and did not dare to move an inch. Even when the shark stuck out its fin, Marlin was still frozen. And again, when the shark showed its action, Marlin immediately jumped into hiding behind Dory. It

can be seen that Marlin was very scared when he saw the shark. So, Marlin's realistic anxiety is when he meets a shark.

The last proof of Marlin's realistic anxiety can be seen from the monologue and narrative below:

Marlin: "I'm gonna be your best friend --"

A LARGE ANGLERFISH

silently fades into view. It is horrifying. A prehistoric creature, with huge fangs, and lifeless eyes. The orb is attached to the tip of a LONG ANTENNA that juts from its forehead. It was bait, and Marlin and Dory fell for it.

Marlin: "Good feeling's gone."

They scream. The voracious anglerfish chases after the two of them, who have only the glow of its antenna to navigate by. (*Finding Nemo* 34:11-34:16).

In this part, when Marlin and Dory at the bottom of the ocean and in the dark they see a light. They followed the direction of the light was moving. As they drift off into the light, Marlin and Dory see a large anglerfish. Immediately Marlin said that even good feelings disappeared because it turned out that what he was facing was a danger. This means that Marlin's realistic anxiety arises when he meets the scary anglerfish. He was so face-to-face with danger that it made him anxious. Marlin's condition is in line with Freud's theory of realistic anxiety.

A.2. Neurotic Anxiety

Another anxiety shown by Marlin in *Finding Nemo* (2003) film is neurotic anxiety. Freud defined Neurotic anxiety is defined as “apprehension about an unknown danger”. Basically, neurotic anxiety is dominated by feelings of nervousness. If someone getting feels "lose it," whether they lose control, anger, logical, or even mind, it means that person is experiencing neurotic anxiety (Boeree 7). The person usually gets nervous, anxious and panics when he loses control. Marlin's neurotic anxiety can be seen from the dialogue and narrative below:

Marlin: **“Wait a minute. Wait a minute! What is going on?! You already told me which way the boat was going!”**

Dory: “I did? (realizes). Oh no.”

Marlin: **“If this is some kind of practical joke, it's not funny! And I know funny! I'm a clownfish!”** (*Finding Nemo* 18:12-24).

In this part, Marlin gets angry if Dory thinks what he did was a joke. Marlin, who lost track of the ship that had taken Nemo away, hoped that Dory could really help him. But in fact, Dory actually made Marlin misunderstood what he was doing. Marlin is very worried about the possibility that he will not be able to find Nemo, so Marlin is angry with Dory for wasting his time on useless things. It can be seen that Marlin has a neurotic anxiety where he is so worried when he loses track of the ship that it is very unlikely that he will meet Nemo again, so he loses control and scolds Dory for wasting his time.

Second, the proof of Marlin's neurotic anxiety can be seen from the dialogue and narrative below:

Marlin: "Alright. We're excited. First day of school. Here we go. We're ready to learn, to get some knowledge. Now, what's the one thing we have to remember about the ocean?"

Nemo: "It's not safe."

Marlin: "That's my boy! So ... first we check to see that the coast is clear ... We go out ..."

Marlin ventures out halfway then pulls right back into the anemone. Proceeds to repeat this routine ad nauseam.

Marlin: "... and back in. And then we go out ... and back in. And then one more time, out ... and back in, And sometimes if you want to do it four times --" (Finding Nemo 06:49-07:13).

Neurotic anxiety is anxiety that is dominated by nervous feelings. Feelings of nervousness arise due to excessive anxiety or fear. In this part, Marlin is checking the situation around his house by pulling his head out and then pulling it back. He did this several times to check the situation for what dangers lay outside. Marlin is worried about the possible danger that Nemo will face considering that this is Nemo's first day of school. He felt uncomfortable, worried about unknown dangers, and also lost control of his thoughts so this Marlin had neurotic anxiety.

Third, there is a proof of Marlin's neurotic anxiety that can be seen from the dialogue and narrative below:

DORY'S POV: A SMALL DARK BLUE OF A FISH slides into view,
deep in the gray mist.

Dory: "There's somebody!

(calls out) Hey! Excuse –"

Marlin: **"Dory, Dory, Dory! (gets in her face; whispers) Okay, now, it's my turn. I'm thinking of something dark and mysterious. It's a fish we don't know. And if we ask it directions, it could ingest us and spit out our bones!"** (*Finding Nemo* 01:04:44-01:04:54).

This neurotic anxiety is not attached to the actual object. It's just like us who assume something is dangerous when in reality the danger is not happening. Just like Marlin in this scene forbids Dory to summon something she saw in the ocean. Marlin thought that something that was far in front of them was something mysterious and bad, and could harm them. Although something Marlin thought was not necessarily there. From the quote, it can be seen that Marlin has neurotic anxiety where he is worried that Dory will call something that can harm them.

Fourth, there is another proof of Marlin's neurotic anxiety can be seen from the dialogue and narrative below:

CLOSE ON NEARBY CORAL

Alerted by the commotion, Mr. Ray and the other children eavesdrop from behind the coral.

Marlin: **"No, it's not okay, You shouldn't be anywhere near here"**

(grabs Nemo)

(More)

CONTINUED

Marlin (Cont'd): "Okay, I was right. You know what? We'll start school in a year or two."

To Marlin's surprise, Nemo pulls away.

Nemo: **"No, Dad! Just because y-you're scared of the ocean --"**

(*Finding Nemo* 13:25-13:32).

Everyone can have feelings of fear. Especially the unknown dangers make us feel anxious. This fear of unknown dangers is called neurotic anxiety. In this part, Marlin is angry with Nemo because he thinks Nemo will swim into the open water. But in fact, it is not. They argue until Marlin says that Nemo will return to school in 1 or 2 years. Nemo is annoyed by this and says his father is too worried and afraid of the ocean. From the dialogue, Nemo, who says his father is afraid of the ocean, means that Marlin has neurotic anxiety. Marlin was so afraid of the ocean that he did not even know what danger was in it. Even thinking about the uncertain danger made Marlin lose control. Therefore, Marlin has neurotic anxiety about the ocean that he does not even know what danger is in it.

Fifth, there is a proof of Marlin's neurotic anxiety can be seen from the dialogue below:

Marlin: "Get out of there, now!"

Nemo: "I know this will work!"

Marlin: **"No, I am not gonna lose you again!"** (*Finding Nemo* 01:27:35-01:27:38).

Having an experience that traumatized us so that it made us anxious makes us as much as possible to avoid the event from happening again. Marlin also experienced this which resulted in him having neurotic anxiety. In this section, Dory is caught in fishing net with other schools of fish. Marlin did not allow Nemo who wanted to help Dory and the other fish to get out of the net. Marlin did this because he didn't want to lose Nemo a second time. This shows that Marlin has neurotic anxiety because he once lost Nemo. Marlin does not allow Nemo to go help Dory and the fish school because he is afraid that he will lose Nemo again.

Last, there is another a proof of Marlin's neurotic anxiety can be seen from the dialogue below:

Dory: "Hey. Whatchya doing?"

Marlin: "It's gone. I've lost the mask." Dory: "What'd you drop it?"

Marlin: **"You dropped it! That was my only chance of finding my son. Now it's gone."** (*Finding Nemo* 32:23-32:31).

In this part, Marlin, who was really worried because Nemo was missing, was taken by the diver, but the only clue to find Nemo has now been lost. Dory dropped the glasses under the dark sea, so Marlin was afraid to pick them up. This explains that Marlin has a neurotic anxiety when the diver's glasses to find Nemo is lost so that his chance to meet Nemo is lost even though what Marlin fears may not happen.

B. The Defense Mechanisms Experienced by Marlin in Finding Nemo

(2003) Film

Defense mechanisms are a form of defense to overcome anxiety. Anxiety that occurs should not be left alone. To overcome this anxiety, Sigmund Freud created and introduced the defense mechanism theory in 1926 and then refined by his daughter Anna Freud in several parts (Feist 40). The main character in *Finding Nemo* (2003) the film describes several types of defense mechanisms to reduce anxiety according to Freud's theory.

B.1. Displacement

One of the defense mechanisms in *Finding Nemo* (2003) movie is displacement. Displacement is a defense mechanism that happens because an individual cannot let go of his true feelings and then directs or vents to other people, animals or objects to satisfy the id (Feist 42). Someone who is stressed because of a lot of work in the office will take it out on pets or family members when at home. Marlin experienced displacement defense mechanisms as seen from the dialogue below:

CONTINUED

Marlin: **“Short term memory loss (moves to go). I don't believe this.”**

Dory: “No, it's true. I forget things almost instantly. It runs in my family -- well, I mean, at least I think it does...Uh...hmm...where are they?

(thinks, then notices Marlin; smiles) Can I help you?”

Marlin: **“Something's wrong with you. Really. You're wasting my time. I have to find son.”** (*Finding Nemo* 18:31-18:56).

When a person is under pressure and cannot express his feelings, then vents it to other people or their pets, that person uses displacement as a form of defense mechanism. In this part, Marlin follows Dory because he wants to show the direction of the ship carrying Nemo through. But instead he was confused by Dory's attitude accusing him for following him. Marlin was angry if what he did was considered a joke by Dory. Dory also tries to explain if she suffers from short-term memory loss. Since Marlin is basically very worried about Nemo being taken away by the divers, Marlin does not believe Dory who suffers from short term memory. So, Marlin was angry with Dory and said that Dory wasted her time to find Nemo. It can be seen that Marlin used displacement to reduce his anxiety by blaming Dory for wasting his time trying to find Nemo.

Another proof of displacement that Marlin experienced it can be seen through the dialogue below:

Dory: "What'd you drop it?"

Marlin: **"You dropped it! That was my only chance of finding my son. Now it's gone."** (*Finding Nemo* 32:27-32:31).

In this dialogue, while on her way to find Nemo, Dory accidentally removes the diver's mask which is the only way for Marlin to find Nemo. However, because the mask fell into the deep sea, Marlin felt sad and blamed Dory for dropping it. This suggests that Marlin is using displacement as a way to reduce his anxiety. He is so worried about missing his chance to meet Nemo, that he makes Dory a target to blame.

Furthermore, there is another proof of displacement that Marlin experienced it can be seen through the dialogue below:

Marlin: **“WOULD YOU JUST STOP IT?”**

Dory: “Why? What's wrong?”

Marlin: “We're in a whale! Don't you get it?”

Dory: “(looks around) A whale?”

Marlin: **“A whale! Cause YOU had to ask for help! And now we're stuck here!”** (*Finding Nemo* 01:09:50-01:10:00).

Blaming others is something that people often do when they feel anxious and depressed by something. In this part, Marlin talks in a high pitched voice to Dory because she keeps doing crazy things. Marlin is worried that if he stays in the whale's belly and cannot get out then his chance to find Nemo will be lost. So, Marlin uses displacement by blaming Dory as a defense mechanism against his anxiety.

B.2 Regression

Freud states that regression is a movement back to an earlier stage when a person is under stress or is frustrated (Feist 42). The previous stage in question is a time when the person is in a safe, comfortable, and no pressure phase. Regression is also common in older children and in adults. Usually people who have this regression defense mechanism tend to be childish and rigid. Marlin experienced regression defense mechanisms as seen from the dialogue and narrative below:

CONTINUED

Bruce chomps for effect. Marlin leaps behind Dory. Bruce laughs hard.

Bruce (studies both fish): “So what's a couple of bites like you doin' out so late, eh?”

Marlin (from behind Dory): **“Nothing, we’re not doing anything, we’re not even out.”** (*Finding Nemo* 19:11:19-26).

People who experience this regression are usually childish. One of the childish traits is that when we are afraid, we will hide behind other people so that we will feel safe. In this part, Marlin is afraid of the shark in front of him. Marlin was also frozen and unable to move. When the shark is in action, Marlin immediately jumps and hides behind Dory. This shows that Marlin uses regression to reduce his anxiety where he returns to the safe stage and acts childish when he hides behind Dory.

B.3 Reaction Formation

Reaction formation is defense mechanisms that express an impulse in the opposite way of what he really feels. Usually the person will be obsessive so that his environment does not realize what he really feels (Feist 41). The concept of this reaction formation is to act in the opposite way with the actual condition. He must stand firm in shaping his reaction by hiding the truth so that his anxiety does not arise. Marlin experienced reaction formation defense mechanisms as seen from the dialogue below:

Bruce: "Great. Then how'd you morsels like to come to a little -- a little get together I'm having?"

Dory: "You mean like a party?"

Bruce: "Yeah...Yeah right, a party. (Chuckle) Waddya say?"

Dory: **"(elbows Marlin) Ooh, I love parties. That sounds like fun."**

Marlin: **"Y'know parties are fun, and it's tempting, but we can't because—"**

Bruce: **"Aw, come on, I insist."**

Bruce puts a big fin around each fish, trapping them...

Marlin: **"O-okay, that's all that matters."**

...and leads them up and over a rocky ridge into...

An Undersea Crater. (*Finding Nemo* 19:27-19:49).

In this part, Bruce invites Marlin and Dory to come to the shark's party. Dory looks enthusiastic and loves the invitation to the party. However, Marlin said that the party was fun but still they couldn't attend because of his anxiety when he saw the shark which was a threat or danger to Marlin and Dory. However, because it was Dory who seemed to like the party and Bruce persisted, Marlin finally joined the party. It can be seen that Marlin uses a formation reaction where his true feelings are afraid of sharks but he wants to join the party because Dory likes him and Bruce pushes. Marlin was acting in a different direction from his true feelings.

B.4 Sublimation

According to McLeod, sublimation is a defense mechanism to channel and express their emotions to something useful. This sublimation defense mechanism changes emotions in a positive way and can be useful for social life. According to

Freud (1917/1963), a sublimation mechanism is very helpful, both for individuals and for social groups (Feist 44). Marlin experienced sublimation defense mechanisms as seen from the dialogue and narrative below:

Marlin: **"Now, go! Hurry!"**

Nemo: "Tell all the fish to swim down!"

Nemo disappears into the fish. Marlin looks at all the screaming groupers in front of him.

Marlin: **"You heard my son! Come on!"**

INSIDE THE NET

Nemo weaves through the writhing mass. Finds Dory, frightened and disoriented.

Nemo: "Dory! We have to tell everybody to --

BACK OUTSIDE

Marlin: **"Swim down together! Do you understand what I'm saying to you?! Swim down!"**

INSIDE THE NET

Nemo/Dory: "Everybody, swim down! Come on, you have to swim down! swim down, okay?"

BACK UNDERWATER

The groupers begin to catch on to Marlin's instructions.

Marlin: **"Down! Swim down!"** (*Finding Nemo* 01:27:53-01:28:10).

Bad feelings that can be converted into positive energy can certainly be useful for individuals and the social environment. This event is called the sublimation defense mechanism. Marlin also uses one of these defense mechanisms to reduce his anxiety. In this part, Nemo wants to save Dory and schools of fish from getting out of the fishing net. However, Marlin forbade Nemo to do that. Marlin does not allow Nemo because he does not want what happened to Nemo to happen again. However, Nemo keeps trying to convince Marlin that he can save Dory and the schools of fish. Finally, Marlin allowed Nemo and managed to save Dory and the schools of fish. Marlin ordered a school of fish to swim down. The schools of fish followed Marlin's instructions and began to swim down. Marlin, who was initially worried about losing Nemo again, was finally able to channel or express this anxiety into something useful, which is by allowing Nemo to help Dory and schools of fish and also give instructions to the fish to swim down. With Marlin's permission and his instructions, Dory and schools of fish finally survived. Marlin's behavior is a form of sublimation defense mechanism where he is able to channel his anxiety into something useful for individuals where Marlin finally can trust Nemo and is also useful for a group where Dory and the schools of fish are safe.

CHAPTER V

CONCLUSION AND SUGGESTION

A. Conclusion

The conclusion of this research is based on the analysis in chapter four. This research analyzes the anxiety experienced by Marlin in *Finding Nemo* (2003) film. In addition, this research also discusses the defense mechanisms used by Marlin to reduce or cope his anxiety. The two problem formulations in this study were analyzed using Sigmund Freud's theory of anxiety and defense mechanisms.

According to Freud's theory, there are three types of anxiety, namely realistic anxiety, neurotic anxiety, and moralistic anxiety. The main character Marlin in the film *Finding Nemo* (2003) shows realistic anxiety and neurotic anxiety according to Freud's theory. The first anxiety is the realistic anxiety shown by Marlin when he met barracuda, giant divers, anglerfish, and also met sharks for real. Second, Marlin shows neurotic anxiety when he loses track of the ship that it is very unlikely that he will meet Nemo again, as he worries about the bad things that will happen to Nemo, worried that Dory will call something that can harm them, afraid of losing Nemo again, when his chance to meet Nemo is lost, and afraid of the ocean where he doesn't even know what danger is in, but Marlin is already very anxious thinking about it.

In *Finding Nemo* (2003) film, the main character Marlin also shows how to reduce anxiety by using defense mechanisms. This study found four of the

eight defense mechanisms based on Freud's theory. Therefore, what can be clearly seen in this film are displacement, regression, reaction formation, and sublimation. First, the displacement is shown by Marlin when he blames Dory for dropping the diver's glasses which is the only way to find Nemo. The second is the regression where Marlin returns to the safe stage and acts childish as he hides behind Dory. Third, the reaction formation is when Marlin agrees to join a party held by a herd of sharks when in fact he is afraid of the shark. Furthermore, the last defense mechanism is sublimation. It can be seen that Marlin shows a socially acceptable attitude where he is able to channel his anxiety into something useful for individuals where Marlin finally can trust Nemo and is also useful for a group where Dory and the schools of fish are safe.

B. Suggestion

There are several suggestions that can be given to the readers based on this research. First, the theory of anxiety and defense mechanisms by Sigmund Freud can be applied to other films such as *Frozen* (2013). Second, *Finding Nemo* (2003) film can be analyzed by readers using theories such as Educational Value. Last, *Finding Nemo* (2003) the film can be used as an object of analysis by analyzing the anxiety and defense mechanisms of Nemo's character who is also the main character in the film.

REFERENCES

Aras, Goksen. "Personality and Individual Differences: Literature in Psychology-Psychology in Literature." *Procedia - Social and Behavioral Sciences*, vol. 185, 2015, pp. 250–57, <https://doi.org/10.1016/j.sbspro.2015.03.452>.

Arcer, Elizabeth. "Qualitative Data Analysis: A Primer on Core Approaches." *Research Gate*, 2018, www.researchgate.net/publication/328577005_Qualitative_Data_Analysis_A_primer_on_core_Approaches.

Boeree, Dr. C. George. *Personality Theories*, Psychology Department; Shippensburg University, 1997, 2006. <http://webpace.ship.edu/cgboer/perscontents.html>.

Duhan, Roshni. "The Relationship between Literature and Society." *Language in India*, vol. 15, no. 4, 2015, pp. 192–202.

Farkhatun, Atun. "Anxiety And Defense Mechanism Of Rachel Watson In Paula Hawkins' Novel The Girl On The Train." 2017, http://digilib.uin-suka.ac.id/id/eprint/26461/2/12150048_BAB-I_IV-atau-V_DAFTAR-PUSTAKA.pdf.

Feist, Jess, and Gregory J. Feist. *Theories of Personality: Seventh Edition*. The Mc. Graw-Hill Company, 2008. *Academia*, [\(PDF\) Theories-of-Personality-7e-English.pdf](https://www.academia.edu/37111111/Theories-of-Personality-7e-English.pdf) | Yuna S Chaniago - Academia.edu

Kristiana, Dita. "Jake Sully's Motivation to Change: A Psychoanalytic Reading of Avatar." 2019,

https://repository.uksw.edu/bitstream/123456789/19995/2/T1_392014042_Full%20text.pdf.

Masykuroh, Nur Laeli. "Anxiety And Defense Mechanism Of Will Hunting In Good Will Hunting Movie." 2017, https://digilib.uinsuka.ac.id/id/eprint/26458/1/12150044_BAB-I_IV-atau-V_DAFTAR-PUSTAKA.pdf.

McLeod, Saul. "10 Defense Mechanisms: What Are They and How They Help Us Cope." *Simply Psychology*. www.simplypsychology.org/defense-mechanisms.html.

McLeod, Saul. "Id, Ego, and Superego." *Simply Psychology*. www.simplypsychology.org/psyche.html. Accessed 15 July. 2022.

McLeod, Saul. "Sigmund Freud's Theories." *Simply Psychology*. www.simplypsychology.org/Sigmund-Freud.html. Accessed 18 July. 2022.

Mitterer, Coon &. *OHS Body of Knowledge The Human: Basic Psychological Principles Core Body of Knowledge for the Generalist OHS Professional OHS Body of Knowledge The Human: Basic Psychological Principles*. 2012, www.ohsbok.org.au/wp-content/uploads/2013/12/13-Human-Psychology-principles.pdf?x71776.

Pradhana, Bagaskara Gita. "Anxiety and Self Defense Mechanism Study of Kat Novak in Girl Missing by Tess Gerritsen." 2018, https://repository.usd.ac.id/31569/2/144214049_full.pdf.

Rector, Neil A., et al. *Anxiety Disorders; An information guide*. Centre for Addiction and Mental Health, 2005, <https://www.camh.ca/>

/media/files/guides-and-publications/anxiety-guide-en.pdf. Accessed 17 July. 2022.

Riawandono, One Ivonda. "Anxiety And Defense Mechanism Of Anne Frank As Depicted In Diary Of A Young Girl." 2018,
[http://digilib.uinsby.ac.id/26656/1/One Ivonda Riawandono_A73214097.pdf](http://digilib.uinsby.ac.id/26656/1/One_Ivonda_Riawandono_A73214097.pdf).

Schultz, Duane P., and Sydney Ellen Schultz. *Theories of Personality: Eight Edition*. Wadsworth Cengage Learning, 2005. Cengage,
<http://www.wadsworth.com/>

Stanton, Andrew. (Screenwriter). (2003). *Finding Nemo* [Motion Picture].

Swift, Paul, et al. "Living with Anxiety: Understanding the Role and Impact of Anxiety in Our Lives." *Mental Health Fondation*, vol. 43, no. 1, 2014, pp. 125–32.

Tyson, Lois. *Critical Theory Today: A User-Friendly Guide*. Library of Congress Cataloging, 2006, *Milton Park, Abingdon, Oxon: Routledge*, 2006.

