

**THE RELATIONSHIP AMONG TRAUMATIC EXPERIENCE,
ANXIETY, AND DEFENSE MECHANISM AS PORTRAYED IN
YANAGIHARA'S NOVEL *A LITTLE LIFE***

A FINAL PROJECT

Presented as Partial Fulfillment of the Requirement

to Obtain the *Sarjana Sastra* Degree

in English Literature



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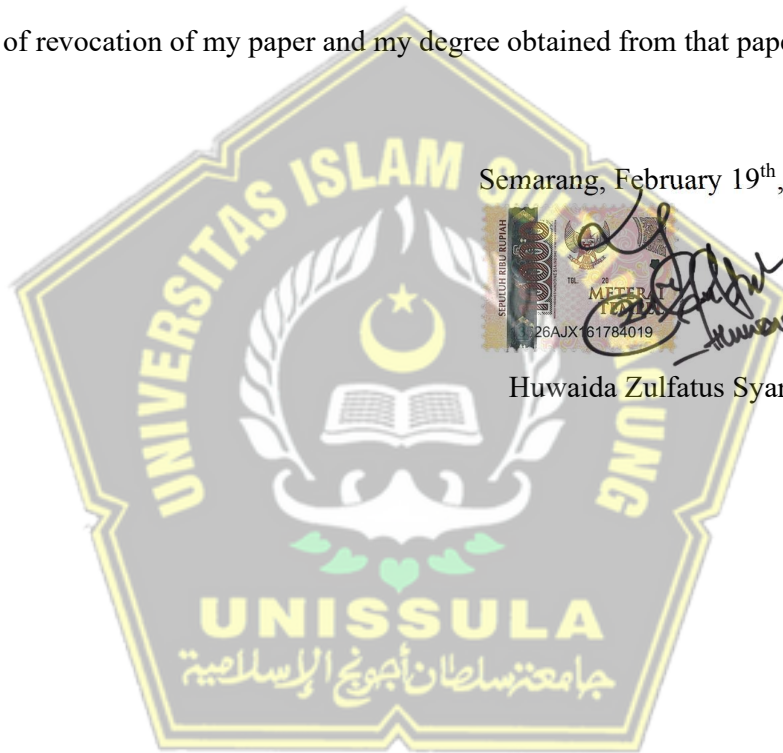
STATEMENT OF WORK'S ORIGINALITY

Hereby, I honestly declare that the undergraduate thesis I wrote does not contain the works 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 that paper.

Semarang, February 19th, 2023



Huwaida Zulfatus Syarifah



MOTTO AND DEDICATION

“No matter how hard it is right now, think of what the result will make you feel.”

“Knowledge knocks on the door of action, if it receives a reply, it stays, otherwise it departs.”

Sufyaan Ath-Thawree



This final project is dedicated to my family, especially my parents who have been worked hard in supporting my study without even complaining, my advisor, best friends, my classmates, myself, and for those who are trying to get their study done.



ABSTRACT

Syarifah, Huwaida Zulfatus. 30801900019. “The Relationship Among Traumatic Experience, Anxiety, and Defense Mechanism as Portrayed in Yanagihara’s Novel *A Little Life*.” English Literature Study Program. Faculty of Language and Communication Science. Sultan Agung Islamic University. Advisor: Afina Murtiningrum, S.S., M.A.

This study points out the relationship between anxieties of the main character, Jude St. Francis, caused by series of traumatic events happened to him from childhood to adulthood and how he copes with anxiety using defense mechanism.

This study used Psychoanalysis Theory by Sigmund Freud with the development on Defense Mechanism theory by Anna Freud and applied descriptively qualitative research to analyze the collected data from dialogues, monologues, and narratives in the novel. In data collecting, the researcher used several steps, for instance reading the novel, identifying the data, classifying the data, and reducing the collected data from the novel.

The result of the study highlights many traumatic experiences Jude go through in this novel including physical, psychological, sexual abuse. The traumatic events have influenced in Jude’s anxiety which is realistic anxiety, neurotic anxiety, and moral anxiety. To overcome anxiety, Jude performs six defense mechanisms, such as repression, suppression, projection, sublimation, denial, and rationalization.

Keyword: psychoanalysis theory, traumatic experience, anxiety, defense mechanism

INTISARI

Syarifah, Huwaida Zulfatus. 30801900019. “The Relationship Among Traumatic Experience, Anxiety, and Defense Mechanism as Portrayed in Yanagihara’s Novel *A Little Life*.” Program Studi Sastra Inggris. Fakultas Bahasa dan Ilmu Komunikasi. Universitas Islam Sultan Agung. Pembimbing: Afina Murtiningrum, S.S., M.A.

Penelitian ini menunjukkan hubungan antara kecemasan dari karakter utama, Jude St. Francis, yang diakibatkan oleh serangkaian peristiwa traumatic yang terjadi sejak masa anak-anak hingga dewasa dan bagaimana Jude mengatasi kecemasan tersebut menggunakan mekanisme pertahanan.

Penelitian ini menggunakan Teori Psikoanalisis oleh Sigmund Freud dengan pengembangan Teori Mekanisme Pertahanan oleh Anna Freud dan mengaplikasikan metode deskriptif kualitatif untuk menganalisa data yang dikumpulkan dari dialog, monolog, dan narasi dalam novel. Dalam pengumpulan data, peneliti menggunakan beberapa cara, antara lain membaca novel, mengidentifikasi data, mengklasifikasi data, dan mengurangi data yang terkumpul dari novel.

Hasil dari penelitian ini menunjukkan peristiwa traumatis yang dialami oleh Jude yaitu kekerasan fisik, psikologis, dan seksual. Peristiwa traumatis tersebut telah mempengaruhi kecemasan Jude antara lain kecemasan realistik, kecemasan neurotik, dan kecemasan moralistik. Untuk mengatasi kecemasan, Jude menggunakan enam jenis mekanisme pertahanan, seperti repressi, suppressi, proyeksi, sublimasi, penolakan, dan rasionalisasi.

Kata kunci: teori psikoanalisis, peristiwa traumatik, kecemasan, mekanisme pertahanan

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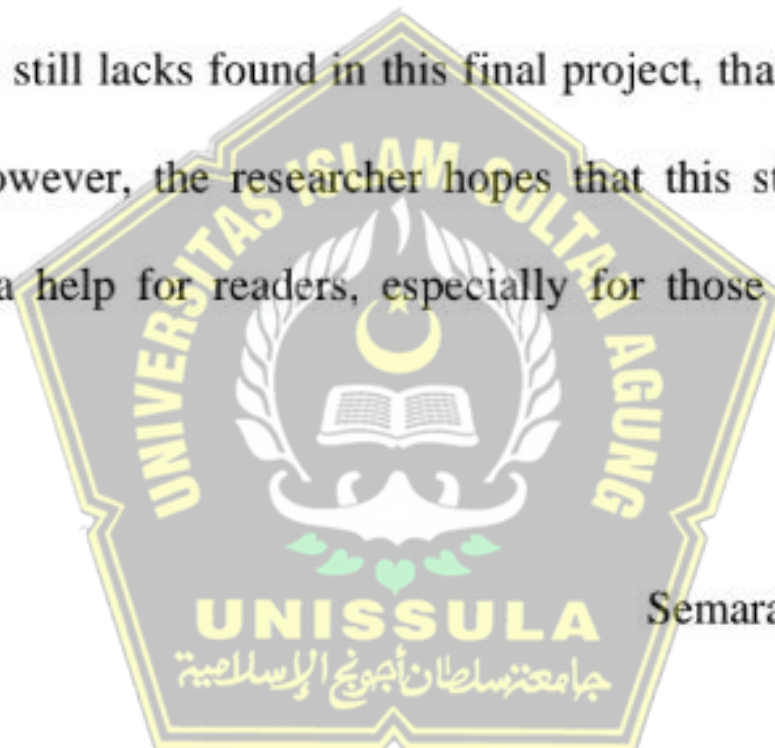
The researcher would like to express gratitude and appreciation to:

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Finally, there are still lacks found in this final project, that this final project is far from perfect. However, the researcher hopes that this study can be useful and become any of a help for readers, especially for those working on their final project.



Semarang, February 19th, 2023

Huwaida Zulfatus Syarifah

TABLE OF CONTENT

PAGE OF APPROVAL	i
PAGE OF VALIDATION	ii
STATEMENT OF WORK'S ORIGINALITY	iii
MOTTO AND DEDICATION	iv
ABSTRACT	v
ACKNOWLEDGEMENT	vii
TABLE OF CONTENT	ix
CHAPTER I INTRODUCTION	1
A. Background of the Study	1
B. Problem Formulation	5
C. Limitation of the Study	5
D. Objectives of the Study	5
E. Significance of the Study	6
F. Organization of the Study	6
CHAPTER II REVIEWS OF RELATED LITERATURE	7
A. Synopsis of <i>A Little Life</i> Novel	7
B. Related Theory	10
B.1. Theory of Traumatic Event	10

B.2. Anxiety.....	11
B.2.1 Realistic Anxiety	12
B.2.2 Neurotic Anxiety	12
B.2.3 Moral Anxiety.....	13
B.3. Defense Mechanism.....	13
B.3.1 Regression.....	14
B.3.2 Repression.....	14
B.3.3 Reaction formation	15
B.3.4 Isolation.....	15
B.3.5 Undoing	15
B.3.6 Projection.....	16
B.3.7 Introjection.....	16
B.3.8 Turning Against Self.....	16
B.3.9 Reversal	17
B.3.10 Sublimation.....	17
B.3.11 Displacement	17
B.3.12 Denial.....	18
B.3.13 Suppression.....	18
B.3.14 Rationalization	19

CHAPTER III RESEARCH METHOD	20
A. Types of the Research	20
B. Data Organizing	20
B.1. Data Collecting Method	20
B.1.1 Reading the Novel	20
B.1.2 Identifying the Data	21
B.1.3 Classifying the Data	21
B.1.4 Inventorying the Data	21
C. Analyzing the Data	22
CHAPTER IV FINDING AND DISCUSSION	23
A. Traumatic Experience of the Main Character in <i>A Little Life</i> Novel	23
B. Anxiety of the Main Character in <i>A Little Life</i> Novel.	36
B.1. Realistic Anxiety	37
B.2. Moral Anxiety	38
B.3. Neurotic Anxiety	41
C. Defense Mechanism of the Main Character in <i>A Little Life</i> Novel	43
C.1. Rationalization	44
C.2. Suppression	45
C.3. Sublimation	46
C.4. Repression	49

C.5. Projection	50
C.6. Denial	51
CHAPTER V CONCLUSION AND SUGGESTION	52
A. Conclusion	52
B. Suggestion.....	54
REFERENCE.....	55
APPENDICES	59



CHAPTER 1

INTRODUCTION

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

A. Background of the Study

Most people in the world may ever be exposed to an unpleasant event or went through a bad situation in their life. Those events can leave psychological distress for some people and not for others. It can be said a traumatic experience. According to Freud (340-341), the traumatic term is used to describe an experience that briefly exists in an individual's mind with a strong stimulus that is too difficult to handle and carry out in the common or usual way, which can affect in indefinite disturbances and uncomfortable feeling where the energy employ. Individuals who are exposed to a traumatic event are common and normal in human life as stated by large-scale epidemiology studies (Fang, Chung, and Wang 1).

Various examples of events which commonly linked with traumatic experiences involve objective events like unavoidable natural disasters and accidents, or events of a personal character like many forms of abuse including psychologically and physically, sexual violence, wars, and torture (Athanasiadou-Lewis 1). People might be experiencing it themselves, witnessing the traumatic event happen to other people, or knowing a threatening situation happen to their family and friend who are close to them.

In addition, experiencing and going through a bad situation can leave a physical or emotional wound on the survivor. In his book *titled A General Introduction to Psychoanalysis* (241), Freud stated that trauma refers to a word or situation that leads to a painful event in the past. It can affect their emotional and psychological condition as well. He also stated in Boeree, that every hysteria experienced by an individual is a result of a traumatic experience that is surely impactful on individual behavior (Boeree 3).

According to Van der Kolk, Roth, Pelcovitz, & Mandel stated in *Trauma-Informed Care in Behavioral Health Services* (61), many people who are exposed to traumatic experiences are barely able to regulate their emotions like outrage, misery, and even shame. It even can be more challenging and impactful when the traumatic experience happens at an early age or during childhood. A traumatic experience that happens at an early age has a bigger risk of causing long-term psychological and relational issues (Findley 20). It is because, at an early age, a person is more seemingly to acquire psychological issues and uncomfortable feelings since they do not have many options to cope and process the traumatic experience. They might be feeling excessive worry, fear, and even shame. These lasting disturbing feelings can lead to episodes of uncontrollable, intensive anxiety that will leave a person frozen in their tracks and unable to do anything until the feeling passes.

Anxiety referred to an uncomfortable feeling, mental or emotional situation, marked by subjective feelings such as tension, fears, and worries,

and also characterized by the central nervous system activity (Bower 47). According to Freud, this anxiety appeared when the ego of the mind is overwhelmed with the experience of helplessness (Bulut 1). Usually, the traumatic event is triggered whenever an individual is having an interaction with other people for example when they mention the same incident or situation. It can also be triggered when the individual sees or know the same situation by accident. Freud explained that anxiety happen because these interactions remind the victims of the traumatic experience and reactivate the repressed memories (Bulut 1)

In his psychoanalysis theory, Freud explained that there are three kinds of anxiety which are realistic anxiety, neurotic anxiety, and moral anxiety. Realistic anxiety refers to the feeling of fear of the external danger or injury which is expected and foreseen (Freud 489). Neurotic anxiety is the result of the unconscious fear that the id will take over. Meanwhile, moral anxiety occurred when the ego is threatened by punishment from the superego when the id strives toward an active expression of immoral thought or acts and the superego responds with feelings of shame, guilt, and self-condemnation (Wijaya 13).

In coping with anxiety, people have a way to deal with it and protect themselves against psychological distress. The purpose of it is to hide or reduce conflicts that can result in anxiety. This mechanism is well known as a defense mechanism, conceptualized by Sigmund Freud and finalized by his daughter Anna Freud.

According to Ayazi et al (1), many researchers have analysed the relation between exposure to a traumatic experience with mental health problems like anxiety, post-traumatic stress disorder, and even depression which most of the studies highlight the result PTSD and depression. *A Little Life* novel by Hanya Yanagihara is one of the popular young-adult novels with an issue in mental health that depicts many traumatic experiences, anxieties, and mechanisms to overcome the anxiety of the main character from his early age until adult life. The contents of the novel are relevant to people in real life which mostly ever exposed to traumatic experiences which result in feeling anxiety. Yet, not everyone is aware of the importance of coping with anxiety. These issues in literary works often represent the experience of humans in real life and even many can relate well to the story in literary works as a novel.

This study discusses the relation between traumatic experiences and anxiety faced by *A Little Life*'s main character, and what kind of defense mechanism is used to cope with the anxieties. Moreover, this study provides the information relating to exposure to traumatic experiences, anxiety, and defense mechanism needed for further research in the future, especially research in literary works.

Therefore, the title of this study is **THE RELATIONSHIP AMONG TRAUMATIC EXPERIENCE, ANXIETY, AND DEFENSE MECHANISM AS PORTRAYED IN YANAGIHARA'S NOVEL A LITTLE LIFE .**

B. Problem Formulation

According to the background of the study, this study formulates the statement of problems below:

1. What are Jude's traumatic experiences depicted in the novel?
2. What kind of anxiety Jude has been through because of the traumatic experiences?
3. How does Jude use several defense mechanisms to cope with anxiety?

C. Limitation of the Study

To prevent non-relevant problems, this study limits only to analyse the content of *A Little Life* novel and related sources. This study focuses to analyse Jude's traumatic experience, anxiety, and defense mechanism using Psychoanalysis Theory by Sigmund Freud with the development of Defense Mechanism Theory by Anna Freud. Regarding the data collecting method, this work will only limit to textual sources by analysing the content of the novel.

D. Objectives of the Study

According to the problem formulation above, this study has two objectives stated below:

1. To point out Jude's traumatic experience that leads to anxiety.
2. To analyze the type of Jude's anxiety caused by the traumatic experiences.
3. To portray Jude's defense mechanisms against anxiety.

E. Significance of the Study

This study expects to enrich the reader's knowledge at the university level and the public in general. This study expects to be helpful for those who study the same topic of anxiety. This study also hopes that this study can give understanding to the reader about the Psychoanalytic Theory and Defence Mechanism Theory applied in *A Little Life* novel.

F. Organization of the Study

This study is divided into five chapters. Chapter I follows with the introduction that consists of the Background of the Study, the Problem Formulation, Limitation of the Study, Objectives of the Study, Significance of the Study, and Organization of the Study. Chapter II, Reviews of Related Literature consists of a synopsis and related literature will be used in analysing the novel. Chapter III deals with the research method that consists of types of the research, the Data Organizing, and Analysing the Data. Chapter IV discusses about the finding and discussion of the data obtained from the novel that analysed in this study which are traumatic experience, anxiety, and defense mechanism. Chapter V covers the conclusion and suggestion of this study.

CHAPTER II

REVIEWS OF RELATED LITERATURE

This chapter is a review of related literature, it contains a synopsis of *A Little Life* novel and Sigmund Freud's Theory of Psychoanalysis.

A. Synopsis of *A Little Life* Novel

This novel tells about Jude Saint Francis, the main character of the novel, and a series of unfortunate events that keep happening in his life starting from his childhood throughout his adulthood. Jude lives at a monastery when he was just a kid and often received abuse to discipline him. All of the pastors at the monastery also in turn use Jude to satisfy their sexual desire. Jude is miserable until he met with one of the pastors named Luke.

Jude feels safe around Luke and he is completely attached to the pastor. Jude agrees to follow Luke ran away from the monastery after being promised they would live in a cabin in the middle of a forest with beautiful sights and far from misery. However, Jude is manipulated by Luke. He is being prostituted at a very young age, moving from a motel room to another to look for a client and Luke said they could buy a cabin with that money. Soon, the police found them in a motel room and Luke hung himself in the bathroom, in front of Jude.

He is then helped by officers from social workers to find a foster parent. However, Jude is a teenager, in a few years he would be out of the orphanage. He is not under the spotlight for adoption since it is the babies

that are mostly to be picked. One day he is almost get picked by the Leary but then they change their mind. Jude is so upset and throws a tantrum. But again, the social worker uses his body as a punishment and to shut him up. When Jude no longer can hold it anymore, he run away and serves clients for a living because he is so desperate and needs money to move to another city. Because of this job, he gets genital disease without his knowledge and collapsed in the middle of the road.

He then is found by a psychopathic doctor named Dr. Traylor. He cures Jude's disease but also locks him up in a room for months, then he forces Jude to have sex with him as payback. Jude has been attempting to run away but ends up failing. Dr. Traylor promises Jude to release him if he can escape Dr. Traylor chasing him with a car. So, Jude runs away from the house located in a deep forest, Dr. Traylor's car chasing behind him. At one point where Jude is no longer able to run, the car run over his body, and he is seriously injured.

Jude then wakes up at the hospital accompanied by a social worker named Ana. He told her about the incident and previous years before that. Ana is sympathetic, she takes care of Jude very well when he is under foster care at Douglass's. Ana helps Jude to get prepared and send him to college to start a new life until she dies before Jude's first day of college.

Although Jude is starting a new life, he still blames himself for everything that happened. He feels that he does not deserve the life that he lives and hides his past from his friends very well. Jude starts to develop

anxiety and fear of an adult man. He believes that no one would ever want him and he keeps that in mind limiting him to put himself out there and being in a relationship. Despite that uncomfortable feeling, Jude grew up as a successful man. He is even adopted by his professor from college named Harold, even though he is afraid that Harold would hate him when he knew what kind of a person he is before.

Jude has an abusive boyfriend named Caleb. Caleb abuse Jude because he is disabled from the incident with Dr. Traylor. One night, Caleb abuse Jude so much that he was seriously injured. Harold finds out and is very angry with Caleb. Jude feels that he deserves the abuse because he needs to be reminded that he is a disgusting person. Jude's fear, self-unworthiness, and anxiety become severe.

Even though Harold and his doctor, Andy, try to help Jude and ensure that he is safe, he is still terrified. It is around Willem, his best friend, when Jude's fear calms down a little. Willem's presence seems to keep Jude's terrible thoughts away. Jude feels safe around Willem, but Willem is busy shooting for films and plays. So, he keeps the thoughts away by working overtime. At one point, Jude and Willem are together. Whenever Jude feels happy and secure, he will instantly think that he does not deserve it and afraid that these feelings will not stay long. Jude is still uncomfortable having sex with Willem but he does it anyway for him. In short, Jude was happy with Willem, he lives a normal life with him and his parents, Harold and Julia.

But then, Willem and Jude's other best friend, Malcolm, died in an accident. Jude is devastated. Jude does not want to believe that Willem is gone. He is dependent on Willem for a long time but now that Willem is gone he does not know what to do with his life. He loses the motivation to continue living. In the end, he committed suicide because his misery, fear, and guilt are too much to handle.

B. Related Theory

To answer some questions in problem formulation, there are some theories used to support it. Those theories are presented briefly below:

B.1. Theory of Traumatic Event

Every terrible event that endangers someone's life and causes psychological and physical distress is considered a traumatic event. According to Lazaratou stated in Lewis (1), traumatic experiences are largely linked with a terrible experience that happens in one's life that can cause pain, it is characterized by the severity, the difficulty of the person to react to its sequelae, and by its pathological everlasting impacts on the psychic organization. The sequela of trauma commonly involves a sense of current threat, betrayal of trust, violation of psychological and somatic boundaries, loss of power, entrapment, helplessness, confusion, pain, dissociation, and loss (Pearlman and Saakvitne 298-299).

Traumatic events can happen to an individual whether they experience it first-hand or witness the traumatic event happen to someone they are close to. Either way, traumatic events can result in discomfort, and stress, and even affect their psychological state. Especially the effect can be severe when the traumatic experience happens at an early age or in childhood since a child is more prone to experience trauma (Saputra 1). Trauma can result in anxiety feeling in a person who experiences it. Even a few studies found that involvement in traumatic events is a risk factor for a severe level of anxiety symptoms (Ayazi 1).

B.2. Anxiety

There are many definitions for anxiety by experts. In psychoanalysis theory, Freud believes that when the id and the ego conflict, it can create the anxiety feeling in a person. Freud in Apriningsih described that anxiety has three types which are realistic anxiety, neurotic anxiety, and moral anxiety (4). When the human id is not fulfilled with what they desire, the impulses of the ego would send the signal to the brain and produces unbearable anxiety. And it can be realistic, moral, or neurotic anxiety (Apriningsih 4). With a traumatic experience, anxiety can happen if the traumatic or painful event from the past is triggered. It can be triggered when they see the same painful event happen to another person and even when they talk about the traumatic

event with someone else. The feeling of stress and helplessness can produce strong anxiety reactions.

B.2.A Realistic Anxiety

Freud defines realistic anxiety as the fear of the real world. For example, fear of a poisonous animal, fear of the bite of a big dog, etc. People can be said to have realistic anxiety when they are frightened of things that are very rationally and intelligibly dangerous in the real world. In other words, it can be said that realistic anxiety is also a self-preserved instinct since it is a response to any expected danger or injury. (Freud 535).

B.2.B Neurotic Anxiety

Freud in his psychoanalytic theory defines neurotic anxiety as a fear that the id or the unconscious part of the mind will take control. During this state, the individual is experiencing apprehension due to the perceived threat of loss of control over the more impulsive, aggressive, and selfish province of the mind. Hence, anxious feelings arise due to the imminent punishment (Alleydog.com 1). Moreover, Sigmund Freud in Iacoyou, proposes the term neurotic anxiety describes a situation where an individual is having emotional distress as a reaction caused by the conflict between the ego and the id. Different from

realistic anxiety, neurotic anxiety can appear in a form of anxious feeling that is very irrational, and caused by internal insecurities, and not by an external cause.

B.2.C Moral Anxiety

Moral anxiety is a fear of punishment that appears when an individual behaves in a manner that is against their moral value and beliefs. When people desire something immoral, the superego will react by producing uncomfortable feelings such as shame and guilt (Wijaya 13)

B.2.1 Defense Mechanism

When individuals experience anxiety, they tend to form defensive actions to eliminate the disturbing feelings. This defensive action is first used by Freud in his psychoanalytic theory, with the term defense mechanism. The process of defense mechanism is generally unconscious, and the compromise generally involves concealing from oneself internal drives or feelings that threaten to lower self-esteem or provoke anxiety.

The first defense mechanism which is also termed the queen of defenses proposed by Sigmund Freud is repression. And then followed by denial, projection, displacement, and rationalization (Kaur and Kaur 8609).

This theory was then developed by Anna Freud, Sigmund Freud's daughter, in her book titled *The Ego and Mechanism of Defence* that add regression, isolation, undoing, reaction formation, turning against self, reversal, suppression, and sublimation into the lists. Each type of defense mechanism will be explained below:

B.2.1.A Regression

Regression is the defense mechanism when individual acts like they are returning to the early developmental stages like childhood. It can be said that this defense mechanism is simpler and more childlike since to eliminate the anxiety feeling, an individual can act like a child-like throwing tantrum, or being clingy to someone else for comfort. (Costa 4346)

B.2.1.B Repression

Repression is the defense and reaction to repress unwanted ideas, thoughts, desires, and urges from the consciousness to the unconscious part of the mind. This defense can help to forget the traumatic event, disturbing feeling, or anxiety temporarily. (Boag 4425)

B.2.1.C Reaction formation

In reaction formation, an individual reduces anxious and uncomfortable feelings by taking up the exact opposite feeling, impulses, and behavior. This mechanism can be done in two steps, first is to repress the uncomfortable feeling and then expressed the opposite form into the consciousness. People usually do this to avoid guilty feelings. (Perry 4310)

B.2.1.D Isolation

Isolation is a defense mechanism in which there is an unconscious separation of unacceptable behavior or idea from its memory.

This mechanism works by removing any emotional association from the memory to block triggers that can result in anxiety. (Zulfaisya and Hasra 320)

B.2.1.E Undoing

Undoing is when a person does something to try to make up for what they feel are inappropriate thoughts, feelings, or behaviors. For example, if a person accidentally hurt another person's feelings, they might do something and

offer something nice to eliminate their anxiety or guilt. (Costa 5668)

B.2.1.F Projection

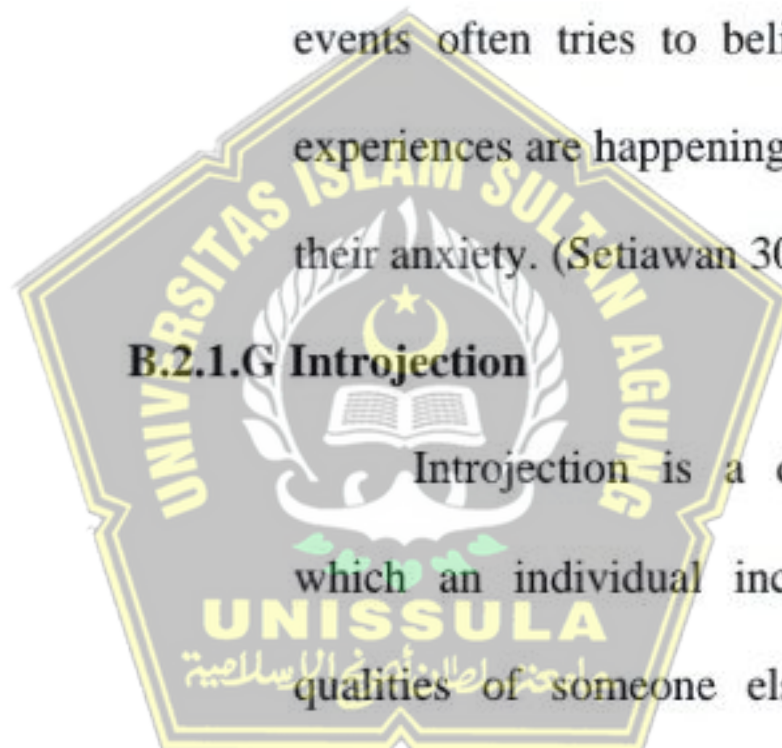
Projection is a defense mechanism where an individual is placing one's uncomfortable or unpleasant feelings on another person or object. A person who projects their unpleasant feelings for example painful experiences or traumatic events often tries to believe that those terrible experiences are happening to other people to calm their anxiety. (Setiawan 308)

B.2.1.G Introjection

Introjection is a defense mechanism in which an individual incorporates the positive qualities of someone else into their ego. By adopting or introjecting the values, beliefs, and mannerisms of other people, the anxiety can be reduced. (Cariola 2422)

B.2.1.H Turning Against Self

Turning against self is described as the process in which an individual develops an internal critic toward themselves or how someone



feels that can strengthen negative attitudes.

(Geiser et al 1)

B.2.1.I Reversal

Reversal is a defense mechanism where a person is transforming from a passive role into an active one. In a reversal situation, an individual who feels that she is the passive object during a painful situation can reverse it and become an active role in the same situation. (Zhang 174)

B.2.1.J Sublimation

According to Cohen and Kim, sublimation is the channeling of unacceptable feelings, desires, and impulses – often of a sexual or aggressive nature – into positive, socially approved activity.

This activity is often creative, but it does not have to be. (Cohen and Kim 5275)

B.2.1.K Displacement

Displacement is a defense mechanism where people take out their frustration, anger, and impulses on people or objects that are less threatening or pose no threat. For example, rather than arguing with your boss, you instead express

your anger towards other people or objects like children or pets. (Costa 1162)

B.2.1.L Denial

Denial is one of the most-known defense mechanisms. Denial is the situation where people seem unable to face reality or admit the obvious truth. It can be said that an individual is in denial when he or she refuses to admit or acknowledge a certain event has happened or is currently happening. For example, when an individual loses a loved one, they refused to admit that the person is dead. (Costa 3)

B.2.1.M Suppression

Similar to repression, suppression is an attempt to forget unwanted thoughts, ideas, or impulses from the consciousness to the unconscious. What makes suppression and repression different is that in suppression, a person pushed the unwanted thoughts or anxiety consciously or purposely do so. Meanwhile, in repression, a person does so without their knowledge or pushes the impulses unconsciously. (Costa 5323)

B.2.1.N Rationalization

Rationalization is a defense mechanism that involves an explanation of unacceptable behavior or feeling in a rational or logical manner. In rationalization, people tend to avoid explaining the true reasons for the behavior. (Knoll et al 4301)



CHAPTER III

RESEARCH METHOD

This chapter presents procedures and research steps to solve the problem of the study. It consists of three sub-chapters which cover types of the research, data organizing, and analyzing the data.

A. Types of the Research

The research method used in this study is the qualitative method. This study collected and presented the data in the form of sentences and words obtained from the object of the study. Moleong stated in Royadi, et al (86) that qualitative research is research that intends to understand the phenomenon of what is experienced by the subject of the research, such as behavior, perceptions, motivations, actions, and so on. In this sense, the qualitative data is employing description to describe and elaborate on everything regarding the object of the study, including monologue and dialogue. This data is presented in the form of words, phrases, sentences, or dialogues not in the numbers.

B. Data Organizing

B.1. Data Collecting Method

In organizing the data, there are five steps used in this study.

These steps are explained below:

B.1.1 Reading the Novel

The first step in the data collecting method was reading the novel a couple of times in order to get a deep

understanding of the story and look for the information needed to be analysed in this study.

B.1.2 Identifying the Data

The next step was identifying the data. Data identification was done to find parts of the novel analysed in this study. The identified data are mostly in a form of dialogues and narratives. The data found were underlined as an important mark and as a sign of data that needs to be classified.

B.1.3 Classifying the Data

Classifying the data is grouping the identified data based on the problem formulation in this study. Classifying the data used a color-coded flag and post-it based on each problem formulation. The data-classifying was done to deal with the answer to problems. There are three problem formulations that must be solved.

B.1.4 Inventorying the Data

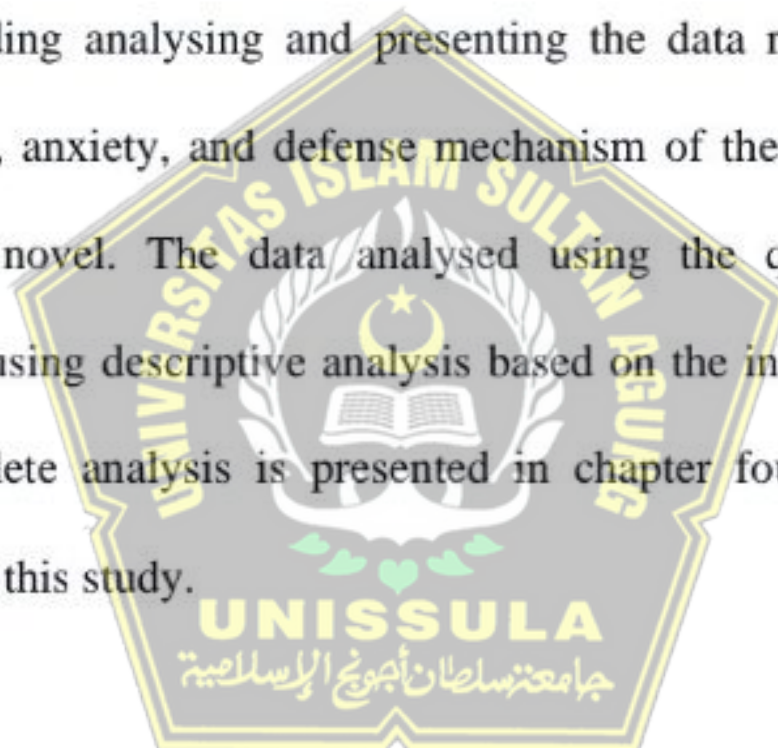
Inventorying the data means listing all the identified data and putting the data on the table. The table consisted of columns of numbers, quotes of the data, the form of the data, the reference used to identify the data, and comments. The table of inventoried data was referred to as Appendices.

B.1.5 Reducing the Data

Reducing the data is a process to review and eliminate un-relevant data from the Appendix.

C. Analysing the Data

Analysing the data was the final step in conducting this study. The researcher analysed the data obtained from the object of the study by matching keywords from the references with the quote of the novel. References used by the researcher including books and related journals. This step including analysing and presenting the data related to the traumatic experience, anxiety, and defense mechanism of the main character from *A Little Life* novel. The data analysed using the qualitative method and presented using descriptive analysis based on the interpretation of the data. The complete analysis is presented in chapter four as the result of the analysis of this study.



CHAPTER IV

FINDINGS AND DISCUSSION

This chapter of finding and discussion is divided into three sub chapters which are; main character's traumatic experience, anxiety, and defense mechanism used by the main character to cope his anxiety in *A Little Life* novel.

A. Traumatic Experience of the Main Character in *A Little Life* Novel

Traumatic experience is an unavoidable thing in a human's life and somehow it becomes a crucial issue in this era. Traumatic experience can happen anytime in an individual's developmental stages (i.e., childhood, adolescent, adulthood) and it can leave physical wound or result in a psychological distress as a response to the traumatic event.

However, traumatic events that happen in childhood are more likely to have a bigger impact on an individual psychic organization and even can cause mental distress for a long time. In a *Little Life Novel*, the traumatic experiences of the main character, Jude Saint Francis, begin at a very young age when he lived in a monastery. He is often physically abused by the pastors, which he usually calls them brothers and fathers.

According to Athanasiadou-Lewis (1), many events that associated with traumatic sequelae not only involve impersonal events like natural disasters or accident, but also an event that of a personal character like abuse including psychological, sexual and physical assaults, wars and torture.

The example of Jude traumatic experience can be seen from the quote below:

He had watched, uncomprehending but so frightened that he couldn't even cry, as Father Gabriel folded his handkerchief to the mouth of a bottle of olive oil, and rubbed the oil into the back of his left hand. And then he had taken his lighter and held his hand under the flame until he greased spot caught fire, and his whole hand swallowed by a white ghostly glow. Then he had screamed and screamed, and the father had hit him in the face for screaming. (Yanagihara 137)

This quote depicts Jude being burnt on his hand after Father Gabriel caught him stole something. Although stealing is bad, the burning for the punishment is included as an act of physical abuse and violence.

Jude is abused not only once or twice, but regularly throughout his stay at the monastery as quoted: *"It had been a very hard week; he had been beaten very badly; it hurt him to walk. He had been visited by both Father Gabriel and Brother Matthew the previous evening, and every muscle hurt"* (Yanagihara 338). From this quote, we know that Jude is beaten very often. This kind of physical abuse has resulted in pain on his body that it's difficult even to walk. Traumatic experiences are broadly associated with a painful life event, which is characterized by its intensity, by the difficulty of the person to respond adequately to its sequelae, and by its pathological long-lasting effects on the psychic organization. (Helen 4)

It is not just the brothers and fathers at the monastery who often abuse Jude, his classmates also beat him. It is depicted from this quote: *“They hit him with whatever they could find, they started keeping a belt looped on a nail on the schoolroom wall, they took off their sandals and beat him for so long that the next day he couldn’t even sit”* (Yanagihara 138). From this quote, we know that Jude is hit and beaten by his classmates using their sandals at school and this act is included in an act of physical abuse and assault which broadly associated with traumatic experience according to Athanasiadou-Lewis (1).

Beside physical torture, traumatic experience can also be caused by repeated psychological abuse based on the statement by Athanasiadou-Lewis (1), broad examples of events that are associated with a traumatic sequela involve relatively impersonal events like natural disasters and accidents, or events of a personal character like many forms of abuse including psychological, sexual and physical assaults, wars and torture. During his stay at the monastery, Jude is not only physically abused by the brothers and fathers but they also attack Jude’s psychological state as depicted in the quote below:

There was a fourth theory, invoked by almost all of them when he misbehaved: He was bad, and had been bad from the beginning. “You must have done something very bad to be left behind like that,” Brother Peter used to tell him after he hit him with the board, rebuking him as he stood there, sobbing his apologies.

“Maybe you cried so much they just couldn’t stand it any longer.”

And he’d cried harder, fearing that Brother Peter was correct (Yanagihara 135).

According to Tolman (1), psychological abuse is a set of behaviors intended to harm the other person’s welfare by undermining their self-esteem, sense of control and security. The quote describes that, Brother Peter hit Jude with a board and this act is an act of physical abuse and violence. Not only that, Brother Peter also ruins Jude’s identity by assuming that Jude is bad that his parents do not want him. This act can destroy Jude’s self-esteem because Jude believed it. This act included in an act of psychological abuse which can be traumatic for some people.

Jude’s trauma gets worse when he escaped the monastery with one of the brothers that he trusts named Brother Luke. Brother Luke promises Jude to live happily in a house near forest, far away from the monastery. However, Brother Luke manipulates Jude to become a prostitute to earn money to build a house. According to Suyanto, et al (3), the most traumatic phases of being prostituted children were the initial experiences of being plunged into the prostitution business. From the reference, it is seen that the most traumatic phase of being prostituted children is when they first jump into the job. Jude has been exposed to sexual experience at early age which can lead to trauma feeling. This can be seen from the quote:

Brother Luke knelt by him. “You’re just going to do what you did with Father Gabriel and a couple of the brothers,” he said, and

then, slowly, he understood what Luke was saying, and he stepped back with fear. "Jude, it's going to be different now," Luke said, before he could do anything. "It'll be over so fast, I promise you. And you're so good at it. "It's because of you and what you're doing that we're going to have our cabin, all right?" Brother Luke had talked and talked, until finally, he had nodded. (Yanagihara 359)

Jude's life changed from there, he ought to serve clients that Brother Luke brought to their motel room and fulfil their sexual needs in order to get money as quoted below:

Now their routine was different: they still had classes in the mornings and afternoons, but now, some evenings, Brother Luke brought back men, his clients. Sometimes there was just one; sometimes there were several. The men brought their own towels and their own sheets, which they fitted over the bed before they began and unpeeled and took with them when they left. (Yanagihara 347)

As stated from Freud (81), sexual experience that is felt by someone in childhood will lead he or she to feels the traumatic incident. From this reference, it can be implied that Jude experiences traumatic events because he has been exposed to sexual experience since childhood.

Although, Jude is guarded and protected by Brother Luke when he is having sex with clients, Jude often receives sexual abuse during the process as depicted from the quote:

The week before, a client had tried to make him do something Brother Luke said he never had to do if he didn't want to, and he had been struggling and trying to cry out, but there had been a pillow over his face and he knew his noises were muffled (Yanagihara 360).

The quote depicts Jude when he serves a client and being forced to do something that he hates. The client even pressing a pillow against Jude's face to muffle his cry. According to the reference, these acts include in an act of sexual abuse and physical violence.

Eventually, the police found out what Luke did to Jude and raided their motel room to arrest him. However, Luke hung himself at the bathroom because he does not want to get arrested. According to Brown (1995), the sequela of trauma commonly involves a sense of current threat, betrayal of trust, violation of psychological and somatic boundaries, loss of power, entrapment, helplessness, confusion, pain, dissociation and loss. It can be seen from the quote:

He heard one of the men swear, and shout from the bathroom, "Get an ambulance right now," and he wrestled free from the man who was holding him and ducked under another man's arm and made three fast leaps to the bathroom, where he had seen Brother

Luke with an extension cord around his neck, hanging from the hook in the center of the bathroom ceiling, his mouth open and his eyes shut, his face as gray as his beard. (Yanagihara 380)

This quote depicts Jude witness Brother Luke committed suicide in their motel bathroom when police come to arrest Luke. Although, he made Jude to serve clients for money, Luke has never hit him and he becomes a father figure for Jude. While Luke is the only guardian in Jude's life, witnessing the death of the loved ones can be traumatic especially for a child.

Then, Jude is sent to social office where the officers will help put him under foster care. It turned out that the counselors also mean and cruel to him. He often gets beaten by them. It can be seen from the quote below:

That evening, they had taken him to the barn, where they sometimes took him at night, and beat him so badly that he had blacked out almost immediately after it had begun. He had been hospitalized that night, and then again a few weeks later, when the wounds had gotten infected. (Yanagihara 468)

This quote depicts Jude being badly beaten at the barn where the counselors often abuse him until he fainted and hospitalized. The beating result in physical pain and even worsening Jude's already existing wound.

Another quote below depicts Jude being hit on the face by one of the counsellors that result in his face bleeding:

He lasted two hours before the security guard's dog found him and he was dragged out by his feet, his palms scraping against the

cement blocks he clung to even then, by this time so cold that he tripped as he walked, that his fingers were too iced to open the car door, and as soon as he was inside, Rodger had turned around and hit him in the face, and the blood from his nose was thick and hot and reassuring and the taste of it on his lips oddly nourishing, like soup, as if his body were something miraculous and self-healing, determined to save itself (Yanagihara 468)

This quote depicts Jude when he is trying to escape the counsellor but they caught him and Jude ends up being hit. This act is included as physical abuse to children under age which highly associated with traumatic experience.

When Jude finally escapes from the social office, he does not know where to go or what to do to collect money. Again, he has sex and serves clients because he thinks that it is the only thing he can do. He is by himself and no longer under protection from Brother Luke, many clients were cruel to him and perform sexually abusive behavior during the process. It can be seen from quote below:

Some of them were cruel to him; some of them made him fear he would be killed, or hurt so badly he wouldn't be able to escape, and in those moments he would be terrified, and he would wish, desperately, for Brother Luke, for the monastery, for the nurse that had been kind to him. (Yanagihara 491)

Brown (11) stated that the sequela of trauma commonly involves a sense of current threat, betrayal of trust, violation of psychological and somatic

boundaries, loss of power, entrapment, helplessness, confusion, pain, dissociation and loss. As quoted from the novel, Jude is forced to do something that he does not like and he feels scared because some of the clients threatened him. He can not defend himself and can only follow what he ordered. From the reference, Jude's feelings of helplessness and fear indicates that he is experiencing traumatic event.

Jude is constantly receiving abuses especially because he is underage kid who live alone from place to place. One day, Jude meets Dr. Traylor who takes care of Jude who eventually catches genital disease because of his job. Dr. Traylor takes care of Jude's disease but at the same time he also imprisons him and demand sex in return. It can be seen from the quote:

And then Dr. Traylor unbelted his pants and stood before him. "Take them down," he said, and he did, but before he was able to begin, Dr. Traylor nudged his neck with the poker. "You try anything," he said, "biting, anything, and I will beat you in the head with this until you become a vegetable, do you understand me?" (Yanagihara 499)

This quote depicts the situation where Jude is forced to have sex with Dr. Traylor as a payback for treating Jude's illness. However, Dr. Traylor is rough and cruel toward Jude when he threats him to follow instructions. The threat really terrified Jude that he was not able to do anything other than follow what Dr. Traylor told him. Based on Brown (11), threat is one of the examples of psychological abuse.

Another abusive behavior that Dr. Traylor does to Jude is physical abuse as stated from the quote:

After he had fallen, all of his energy deserted him, a flock of birds rising noisily and swiftly flying away, and he saw that jangling noise was Dr. Traylor's unbuckled belt, which he was sliding out from his pants and then using it to beat him, and he huddled into himself as he was hit and hit and hit. All the time, the doctor said nothing, and all he could hear were Dr. Traylor's breaths, his gasps from exertion as he brought the belt down harder and harder on his back, his legs, and his neck. (Yanagihara 501)

From this quote, we know that Jude is constantly beaten by Dr. Traylor. Dr. Traylor repeatedly beat his back, legs and neck using his belt. According to Athanasiadou-Lewis (1), the act that Dr. Traylor did to Jude included in an example of traumatic experience which are torture and physical abuse.

As stated from Freud (81), childhood trauma is a trauma that occurs in children's life as a result of war, train accidents, and other scary things that endanger life. From this statement, it can be implied that Jude is exposed to traumatic experience. As stated from the quote:

The last time he fell, he couldn't get up again. "Get up!" he heard Dr. Traylor yell. "Get up!" But he couldn't. And then he heard the engine start again, and he felt that the headlights coming toward him, two streams of fire like the angel's eyes, and he turned his

head to the side and waited, and the car came toward him and then over him and it was done. (Yanagihara 504)

This quote describes Jude involves in a car injury because Dr. Traylor's car chases him until Jude is too tired to continue running, and finally the car run over his body. This incident can be really dangerous since it can kill Jude. Based on the reference, incident that can endanger life included in traumatic experience.

In adulthood, Jude's experience in traumatic events continue when he is in a relationship with Caleb. During their relationship, Caleb often abuses Jude physically and psychologically. It can be seen from the quote below:

And then, moving as swiftly as if he'd anticipated it, there is Caleb, yanking him up by his hair and punching him in the face with his fist, so hard that he is airborne, and when he lands, he does so against the table, knocking the base of his skull against its edge. His fall makes the bottle of wine jump off the surface, the liquid glugging onto the floor, and Caleb makes a roar, and snatches at the bottle by its throat and hits him on the back of his neck with it. "Caleb," he gasps, "please, please." (Yanagihara 297)

From the quote, it is seen that Caleb abused Jude by pulling his hair and punching Jude in the face. Not only that, Caleb also hit Jude with a glass bottle at the back of his neck. As stated from Athanasiadou-Lewis, C. (1), these physical assaults are one of many examples of traumatic experience which involve a personal character.

Another physical abuse that Jude gets from Caleb depicted in quote below:

He feels Caleb grab him by his hair, feels him hit him on the right side of his face, the good one, feels his head snapping backward in response. ... In the apartment, Caleb lets go of his neck, and he falls, his legs unsteady beneath him, and Caleb kicks him in the stomach so hard that he vomits, and then again in his back, (Yanagihara 305 – 306)

This quote describes Jude being hit and kicked repetitively by Caleb that caused him in pain, and according to the reference this is included in an act of torture, physical abuse and assault which is an example of traumatic experience.

Besides physical abuse, Caleb also tortures Jude's psychological state. It can be seen from quote below:

"My god," Caleb says, after looking at him for a few long moments; it is the first time he has ever seen him wholly naked. "My god, you really are deformed. You really are." At the front door, Caleb lifts him and for a moment his face is fitted into the tiny dirty glass window that looks onto Green Street, and then Caleb is opening the door and he is being pushed out, naked, into the street. (Yanagihara 306)

According to Maiuro (1), psychological abuse includes acts that are meant to a.) denigrate and damage a partner's self-esteem (e.g yelling, name calling,

put-downs regarding appearance and behavior, shaming, or embarrassing in front of friends and family. Psychological abuse also can cause a higher chance of trauma than physical abuse does (Street and Arias 4). From the quote of the novel, Caleb psychologically abuses Jude by calling him deformed because of his appearance. Since Caleb points out Jude's biggest insecurity, it makes Jude feel more unworthy and his self-esteem is dropped. Jude is also forced out of his apartment while naked which results in humiliation. These acts of name calling, destruction of self-esteem, and humiliation are included in an act of psychological abuse which is traumatic.

Helen (2) also stated that psychological abuse is a set of behaviors intended to harm the other person's welfare by undermining their self-esteem, sense of control and security. It can be seen from the quote below that Jude is psychologically abused by Caleb:

"Beg me," says Caleb, raising his voice over the rain, and he does, pleading with him. "Beg me to stay," Caleb demands. "Apologize to me," and he does, again and again, his mouth filling with his own blood, his own tears. Finally he is brought inside, and is dragged back to the elevator, where Caleb says things to him, and he apologizes and apologizes, repeating Caleb's words back to him as he instructs: I'm repulsive. I'm disgusting. I'm worthless. I'm sorry. I'm sorry. (Yanagihara 306)

This quote depicts Jude's helplessness when Caleb tells him to repeat words that he really hates. These words are the kind of words that can destroy Jude's

self-esteem but he cannot refuse Caleb because he is terrified. Based on the reference, these acts are included in the act of psychological abuse because Caleb controls Jude to say negative words to himself and invading Jude's personal security.

Jude's last trauma before he commits suicide is when he lost his best friend, Willem, from an accident. According to Zisook (1) loss of a close relationship because of unexpected death can be stressful for both children and adults. As stated from the quote:

And then one Sunday in December he had woken and had known: Willem was gone. He was gone from him forever. He was never coming back. He would never see him again. He would never hear Willem's voice again, he would never smell him again, he would never feel Willem's arms around him. (Yanagihara 575)

From this quote, it is indicated that Jude lost his loved boyfriend, Willem, from the accident. The loss of loved one can be categorized as traumatic experience because it can be stressful and affect one's psychic even can lead to psychiatric disorders.

B. Anxiety of the Main Character in *A Little Life* Novel.

Anxiety is one of mental illnesses and psychological disturbances that can occur in human life that is caused by either internal or external factors. It is also can be a result of trauma that is triggered or even excessive fears of future. In *A Little Life* novel, Jude has anxiety because of his terrible

experiences that happen in his childhood and those experiences are repeated in his adulthood. Further explanation of Jude's anxiety is discussed below:

B.1. Realistic Anxiety

Realistic anxiety is a reaction to the perception of an external danger of an injury which is expected and foreseen (Freud 3443). Realistic anxiety happens as a response when an individual expect potential, rational, tangible, and actual dangers in a real life. In the novel, Jude's realistic anxiety arises when he feels frightened that he might be beaten or hit in his childhood.

He feels this type of anxiety because he is badly tortured by the brothers and fathers as a child when he lives in the monastery. In result, he sees even a little friendly gesture from other people who has no bad intention toward him as a potential danger. Example of Jude's realistic is depicted in the quote as follow, *He was still frightened of of Mr. Leary's large red hands, and when he was left alone with him in the barn, he was shivery and watchful, (Yanagihara 173)*. From the quote, it can be seen that Jude's realistic anxiety arise when he is around Mr. Leary. He is terrified and sees Mr. Leary's hand as potential danger even though he does nothing to Jude. Jude is afraid of adult men because it reminds him of the abuse he received from the brothers and fathers in the monastery.

Although a traumatic experience happens in childhood, people can still be affected by the trauma even after they grow older. They

will always be watchful of their surrounding and become more prone to feel anxious when they identify small actions as potential danger. Realistic anxiety continues even when Jude hit adult age. It can be seen from the quoted as follow:

This quote as follow describes when Jude' realistic anxiety arises just because a small gesture of people near him, "*Jude,*" says *Harold, and reaches for him again, but he flinches, and brings his hands up to protect himself. Out of the edge of his eye, he can see Harold lower his hand, slowly. (Yanagihara 294).* From the quote, Jude flinches when Harold wants to hold him. Jude's realistic anxiety arise when he assumes Harold's act as a potential hitting that is why he protects himself with his hands.

B.2. Moral Anxiety

Not only suffering from realistic anxiety, Jude also develops moral anxiety in his childhood, mostly because of what he did with clients as a prostitute child. Moral anxiety arises in a form of uncomfortable feeling such as shame, guilt, and self-condemnation when a person performs an immoral thoughts, desires, or actions (Hjelle and Ziegler quoted in Wijaya 13). This quote depicts Jude's moral anxiety when he is tired of serving clients:

He tried very much not to cry at night, but when he did, Brother Luke would come sit with him and rub his back and comfort him. "How many more until we get the cabin?" he

asked, but Luke just shook his head, sadly. "I won't know for a while," he said. "But you're doing such a good job, Jude. You're so good at it. It's nothing to be ashamed of." But he knew there was something shameful about it. No one had ever told him there was, but he knew anyway. He knew what he was doing was wrong. (Yanagihara 347)

It can be seen from the quote that Jude is exhausted to serve clients to collect money so that they can afford a cabin to live in. However, Luke praises that he does a good job and convinces him to keep going. Jude's moral anxiety arises when he feels that becoming a prostitute child is wrong and it is not a socially-accepted job but he keeps on doing it to collect money and get a cabin for both of them. The anxiety arises in a form of shame and guilty feeling as a result of Jude surpassing the society moral value.

Another moral anxiety can be seen from the quote as follows:

"How many times have you had sex?" the doctor asked instead, and he said, "With Brother Luke, or with the others?" and the doctor had said, "What others?" And after he had finished telling him, the doctor had turned away from him and put his face in his hands and then looked back at him and had opened his mouth to say something, but nothing came out. And then he knew for certain that what

he had been doing was wrong, and he felt so ashamed, so dirty that he had wanted to die. (Yanagihara 380-381)

Jude's moral anxiety arises when the fact that what he did is wrong finally hits him. He collects money by serving clients which is inappropriate way to earn money especially in a young age. He feels shameful and anxious because he is violating his moral and social value that he did so.

Moral anxiety keeps hovering over Jude and sometimes it gives him a very difficult time as quoted below:

Sometimes he felt the shame of what he was doing so intensely he wanted to vomit: he knew he would never be able to claim to himself that he had been coerced; he'd had sex with these men freely, he had let them do whatever they wanted, he had performed enthusiastically and well. And sometimes he was unsentimental: he was doing what he had to do (Yanagihara 490).

Jude's moral anxiety arises because he is doing something that conflicted what he values by being a prostitute child, which is against of his belief and against social norm that he feels shameful of himself.

Jude's moral anxiety was not only triggered by his childhood job in attempt to collect money but also when he associates his past traumatic experience with his closest one in adulthood. It can be seen from quote below:

Terrified because what does it say about him, about how he thinks and what his fears are, that he should even imagine this about Harold? How cruel can his own mind be to try to convince him to turn against someone he has struggled so hard to trust, someone who has only ever shown him kindness? He can feel tears in his eyes, but he has to ask Willem: “He wouldn’t do that to me, would he, Willem?” “No,” says Willem, and his voice is strained. “Never, Jude. Harold would never, ever do that to you, not for anything.”

(Yanagihara 528)

Jude’s moral anxiety arises when his id expresses an immoral thought which is believing that Harold would be the same with the other clients, Luke, and even Dr. Traylor and then his superego responds by producing feel of guilt.

B.3. Neurotic Anxiety

Neurotic anxiety was first invented by Sigmund Freud to describe the concept of the anxiety which located inside the neurosis and whose manifestations take the form of foreseen anxiety or anxious expectation (a feeling of catastrophic thinking) or anxiety attack with symptoms of suffocation, heart palpitations, sweating, and vertigo. It can be said that rather than external danger, neurotic anxiety formed from internal insecurities, irrational, and excessive feeling of anxiousness (Obaid 3213).

Jude's neurotic anxiety is depicted in quote down below:

But as much as he enjoyed the evening, a part of his mind remained abuzz and anxious, worrying about the conversation Harold and Julia wanted to have with him the next day. He had finally mentioned it to Willem on the ride up, and in moments, But what, then, could it be? "Maybe he thinks I'm hanging around them too much," he suggested to Willem. Maybe Harold was, simply, sick of him. (Yanagihara 159)

Jude's neurotic anxiety arises when he does not know about what Harold and Julia would talk to him. He thought about irrational reason like they probably get sick of him. He thought this because of his insecurity that anyone would abandon him at the end.

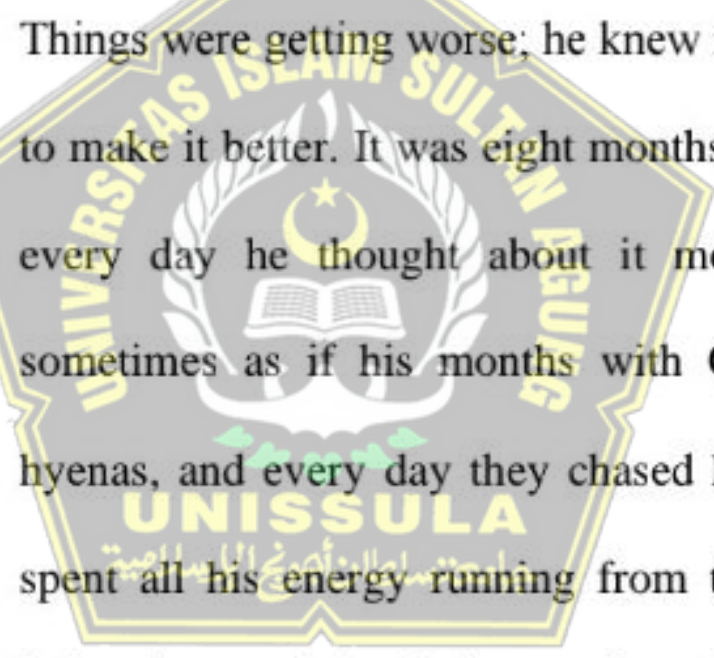
Neurotic anxiety hits Jude again when Harold wants to adopt him as his son. He struggled looking a foster parent when he was a child and now that the chance to have a permanent parent comes to him, he feels anxious. It can be seen from this quote below:

"I'm worried—" he began, and then stopped, and tried again. "I'm worried that if Harold finds out what I really am, he won't want to—" He stopped. He sighed; he hadn't been able to articulate this until now, but having done so, he knew that this was his fear. "Jude," Andy said, carefully,

“what do you think is so bad about yourself that he wouldn’t want to adopt you?” (Yanagihara 176)

From the quote, it is seen that Jude’s neurotic anxiety arises when he thinks about irrational idea that Harold would never want to adopt him. This anxiety stems from his internal insecurity that he is a terrible person because of what he did in the past. He believes that himself is so dirty and would only make Harold regret the adoption.

Another example of Jude’s neurotic anxiety can be seen as portrayed in quote below:



Things were getting worse; he knew it and didn’t know how to make it better. It was eight months after the incident, and every day he thought about it more, not less. He felt sometimes as if his months with Caleb were a pack of hyenas, and every day they chased him, and every day he spent all his energy running from them, trying to escape being devoured by their snapping, foaming jaws (A Little Life 335)

From the quote above, it can be seen that Jude is experiencing internal insecurities because he feels that all the traumatic moment when his ex-boyfriend abuses him does not leave his mind. His memories are occupied with those terrible memories and it caused him to feel insecure of his personal peace.

C. Defense Mechanism of the Main Character in *A Little Life* Novel

Whenever an individual is having a psychological distress for example feeling anxious or panic due to either external threat or internal insecurities, individual's mind tend to responds with several ways of defense mechanism to reduce the anxiety. These actions are performed in order to maintain individual's well-being (Kaur and Kaur 8607). In *A Little Life* novel, Jude is showing several defense mechanisms based on Freudian Theory.

C.1. Rationalization

Jude copes with his anxiety as children prostitution by rationalizes his action so that he can conceptualizes that what he did is less immoral. It can be showed by narratives as follows, *"There was no other way. This was his skill, his one great skill, and he was using it to get somewhere better. He was using himself to save himself."* (Yanagihara 490). Knoll et al, stated that individuals are able to cope with overwhelming emotions by shaping incorrect explanations and refuse to acknowledged the true yet painful fact to justify their actions so the anxiety can be eliminated (Costa and Brody 2). It can be seen from the quote of the novel that Jude tries to justify his actions by establishing a belief that children prostitution is the only way where he can make money so that he can escape to a better environment to live a happy life. Jude also believes that he is good at it and he uses his skills to get out of this industry.

Jude also performs rationalization when he deals with his realistic anxiety as depicted in quote as follow, *"but at least there was*

only Mr. Leary to fear, not a whole group of Mr. Leary's, as there had been before, or there were at the home." (Yanagihara 173). Perry argued that rationalization allows individual to cope with mental conflicts and stress generator either internal or external by establishing false explanations for their thoughts, behaviors, and feelings to reassure themselves (Zeigler-Hill and Shackelford 4301). Based on this reference, it can be seen that Jude is dealing with his fear of Mr. Leary by making irrational explanations of his fear that if Mr. Leary would hurt him, he would be fine because he has been in worse situation where there was more than one adult doing bad things to him. Using this established explanation, Jude could decrease his anxiety feeling and fears toward Mr. Leary.

C.2. Suppression

Erdelvi (1) stated that according to Anna Freud who developed Sigmund Freud's theory of defense mechanism, by suppressing thoughts, feelings, perceptions, and memories from consciousness, the individual is protected from experiencing emotional and psychological distress. As stated in the quote below:

"I don't remember," he said. It was his default answer for everything back then. It was a lie as well; in uninvited moments, he'd see the car's headlights, twinned glares of white, rushing toward him, and recall how he'd shut his

eyes and jerked his head to the side, as if that might have prevented the inevitable. (Yanagihara 95)

This quote shows Jude's defense mechanism which is suppression because he tries to forget his past traumatic experience by purposely pushing the mental image of the accident from his memory and lying that he does not remember it to avoid talking about it.

C.3. Sublimation

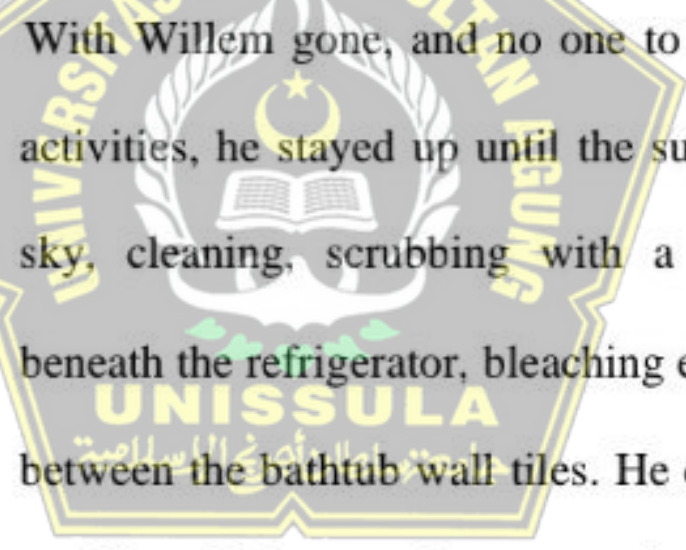
In the defense mechanism theory, Freud argued that inappropriate and aggressive urges could be sublimated into socially acceptable form. Sublimation is the channeling of unacceptable feelings, desires, and impulses -usually sexual or aggressive nature- into positive, socially approved activity (Cohen and Kim 1). Moreover, many psychologists found that individual who copes with anxiety using sublimation showed the most creativity (Kim et al, 3) where this creativity poured into professional work or for personal pleasure. Within the novel, Jude's sublimation is depicted in many aspects as a coping mechanism to eliminate his anxiety. As depicted in the quote below:

The rest of the day, he kept himself busy cleaning—there was always plenty to clean at the house, as both Harold and Julia were unenthusiastic tidiers—and by the time they sat down to an early dinner he'd made of turkey stew

and salad, he felt almost aloft from nervousness,
(Yanagihara 165)

This quote shows Jude's defense mechanism using sublimation because he tries to vent his uncomfortable feelings and anxiousness by cleaning the house. He is anxious of what Harold and Julia might tell him, and he thinks that Harold and Julia do not want to be around Jude anymore. By cleaning the house, his mind would be distracted so he would no longer feel anxious.

Another time when Jude uses sublimation to cope with his anxiety can be pictured from the quote below:



With Willem gone, and no one to monitor his hours and activities, he stayed up until the sun began lightening the sky, cleaning, scrubbing with a toothbrush the space beneath the refrigerator, bleaching each skinny grout-canal between the bathtub wall tiles. He cleaned so he wouldn't cut himself, because he was cutting himself so much that even he knew how crazy, how destructive he was being;
(Yanagihara 169)

This quote shows Jude's defense mechanism which is sublimation, this shows that Jude cleans his apartment to occupy his mind because he is anxious that Harold and Julia will cancel his adoption. He alters his anxiety by cleaning the house. This also shows Jude's

attempt not to cut himself to cope with anxiety by choosing more socially acceptable mechanism.

The anxiety feeling from the adoption makes Jude to perform another sublimation depicted in the quote below:

He stayed at the office until the night shift of cleaners began moving through the hallways, noisy as mice, and then stayed awake at home; he woke with his heart thudding so fast that he had to gulp air to calm himself. It was only work, and Willem's calls, that forced him into normalcy, or he'd have never left the house, would have cut himself until he could have loosed whole pyramids of flesh from his arms and flushed them down the drain. (Yanagihara 175)

It can be seen from the quote that the sublimation is performed by altering his anxiety feeling and desires to cut himself with working more hours and spend the night in his office until he does not have time to feel anxious or think about the adoption anymore.

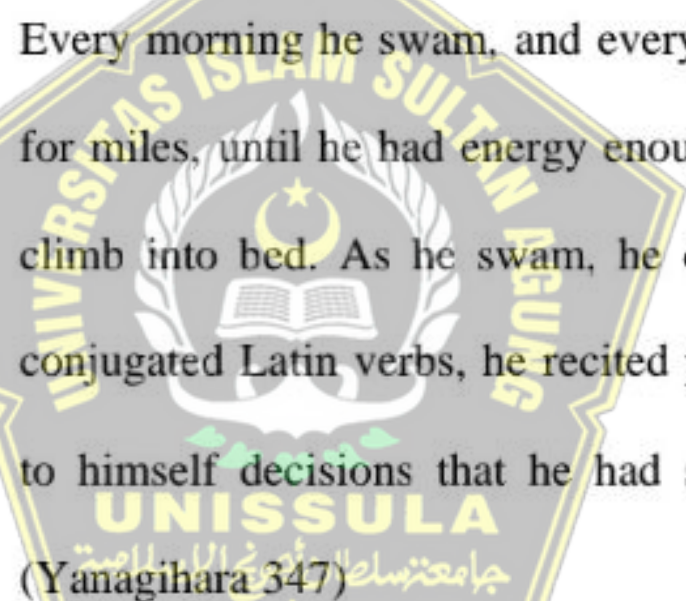
Another sublimation performed by Jude to cope with his anxiety is depicted in the quote as follow:

Finally, he would get up and go to his office at the other end of the apartment and work. He had a big case coming up, and he was grateful for it; his days was occupied that

he had little time to think of anything else (Yanagihara 344).

This quote depicts Jude's sublimation where he pushed the feelings of anxiety as a result for remembering the abuse from his partner into unconsciousness by putting his mind into work. Jude occupies his mind with professional creativity so the terrible memories that can trigger anxiety feeling will not enter his conscious mind.

More sublimations are done by Jude to cope with his anxiety as seen in the quote as follows:



Every morning he swam, and every night he swam again, for miles, until he had energy enough only to shower and climb into bed. As he swam, he chanted to himself: he conjugated Latin verbs, he recited proofs, he quoted back to himself decisions that he had studied in law school. (Yanagihara 347)

It can be seen that Jude alters his mental distress and anxiety by going on a swim. He turns his anxiety feelings into physical actions that can help him become less anxious.

C.4. Repression

Boag stated in Zeighler-Hill and Shackelford (4425) that repression generate mental process used to push and stop the morally disagreeable, desires, and terrible memories to enter the consciousness. Unlike suppression, repression happens

unconsciously in human mind without intention in doing so (Freud in Zeigler-Hill and Shackelford 4425). To eliminate his anxiety feeling, Jude also uses repression as depicted in quote as follow:

He finally puts his hands back on the steering wheel, but they are shaking too badly for him to start the ignition, and he tucks them under his thighs, waiting. "Oh god," he hears himself repeating, "oh god." (Yanagihara 294)

From the quote, it can be seen that Jude is trying to cope with his realistic anxiety using repression by waiting until the anxiety feeling fade from his consciousness. He is trying to keep his fear of being hit away from his consciousness to decrease his arising anxiety.

C.5. Projection

Jude also performs projection as one of his methods to cope with anxiety feeling. Projection defined as a process to put stressful and terrible feelings of individual onto other person or objects (Setiawan et al 308). This way, individual will feel less awful of their unpleasant feelings so the anxiety can be dissolved. This quote below describes Jude's projection to cope with his anxiety:

So he had invented some solutions. For small memories—little slights, insults—you relived them again and again until they were neutralized, until they became near meaningless with repetition, or until you could believe that

they were something that had happened to someone else and you had just heard about it. (Yanagihara 343)

From this quote, it can be seen that Jude's defense mechanism is projection because he tries to eliminate his anxiety by placing his traumatic memories on another person and believe that it is not him who has went through that terrible event.

C.6. Denial

Jude's last defense mechanism in *A Little Life* novel is denial. According to Freud, denial is a defense mechanism which was actually conceptualized as refusal to comprehend unpleasant things from external world and internal distress like thoughts, memories, and feelings. It can be seen from quote below:

At least no one tells him that he should move on. He does not want to move on, he does not want to move into something else. he wants to remain exactly at this stage, forever. At least no one tells him he's in denial. Denial is what sustains him, and he is dreading the day when his delusions will lose their power to convince him. (Yanagihara 559)

This quote depicts Jude defense mechanism which is denial. He done so to deny the fact that Willem and his best friends are gone so he is alone and no longer have someone where he can seek comfort from.

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter conclude the explanation of analysis result described in chapter four and suggest of further analysis that can be done in the same object of the study or additional object that can be analyzed using the same hypothesis and theory.

A. Conclusion

The data obtained from the novel indicates that Jude, the main character of the novel, experiences traumatic events from his childhood and it is repeated in his adult life. Jude's traumatic experiences during childhood are torture, psychological abuse, and manipulated to be a child prostitute. Later in his adult life, these traumatic experiences are repeated when Jude is in a relationship with his boyfriend named, Caleb. Caleb abuses him constantly just because of small reasons. He often hits Jude, attacks his self-esteem by embarrassing him, and brain-washes him with negative mindset. Jude is also involve in a car accident that makes him loss his best friends.

The traumatic experiences faced by Jude cause disturbing and uncomfortable feeling that make him to experience anxiety. Anxieties experienced by Jude are realistic anxiety, moral anxiety, and neurotic anxiety. The realistic anxiety comes from fear of upcoming torture whenever people try to make approaching gestures, and the moral anxiety comes from feeling of shame and guilt because he violates

social norms by becoming a child prostitute. Meanwhile, the neurotic anxiety comes from internal insecurity that he would loss his loved ones eventually and immoral thoughts that people around him will do the same thing to hurt him.

In coping with these anxieties, Jude performs six defense mechanisms. The most frequent defense is sublimation, since Jude tries to alter his anxiety by late-night baking, working late and doing physical activities to worn out himself so he can immediately go to sleep. Jude also suppresses the anxiety feeling and purposely make efforts to forget his past traumatic memories that can trigger anxiety. Jude tries projection to cope with anxiety feeling by putting his past terrible experience in someone else so he would forget that it is actually him who go through all of the trauma. Jude also unconsciously represses his anxiety feeling when people around him tries to hug him but he interprets the gesture as upcoming attacks that generate his anxiety feeling. Another defense depicted in the novel is rationalization, because Jude tries to eliminate his anxiety feeling by reasoning it and justifying the fact that he is a child prostitute as a way to earn money and get out of the industry. The last defense portrayed in the novel is denial. Jude denies the fact that he loss his best friends in an accident and he is left to deal with the anxiety alone. The fear of not having someone around make Jude to deny the actual fact and eliminate his anxiety.

B. Suggestion

The analysis of this study lead to few suggestions for further study that can be conducted through Psychoanalysis lens or applying another theory to analyze the same subject.

To begin with, further study of *A Little Life* novel can put the focus of the study on the destructive behavior of the main character as his coping mechanism using Theory of Reasoned Action (TRA) which also known as Theory of Planned Behavior developed by psychologist Martin Fishbein and Icek Ajzen in 1975. This theory can be used to highlight and reveals Jude's undermining motives by doing immoral actions and thoughts in coping with his past trauma.

Secondly, another character in this novel can also be analyzed using Sigmund Freud's Psychoanalysis Theory with the same hypothesis for example Harold or Willem, because their background stories are also described clearly in the novel. Although the data obtained from analyzing these characters are lesser compared to the data of the main character, it would be a great to shift the focus to the supporting character instead.

Finally, further study on the relationship between traumatic experience, anxiety, and defense mechanism can be conducted in a novel written by Ben Mikaelson entitled *Tree Girl*. This novel portrayed traumatic experience, anxiety, and how the main character cope with her anxiety.

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