

**THE PERSONALITY STRUCTURE, ANXIETY, AND DEFENSE  
MECHANISM ANALYSIS OF THE MAIN CHARACTER IN *RALPH  
BREAKS THE INTERNET* MOVIE (2018)**

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**AKHIS CANTIKA DAMBA**

**30801900005**

**ENGLISH LITERATURE STUDY PROGRAM**

**FACULTY OF LANGUAGES AND COMMUNICATION SCIENCE**

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Prepared and Presented by:

**AKHIS CANTIKA DAMBA**

**30801900005**

has been approved by the advisor and to be examined by the Board of Examiners.

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**Destary Praptawati, S.S., M.Hum.**  
Advisor

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Prepared and Presented by

AKHIS CANTIKA DAMBA

30801900005

Defended before the Board of Examiners

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And Declared Acceptable

Board of Examiners

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

Secretary : Diyah Fitri Wulandari, S.S., M.Hum

Chairman : Dr. Didik Murwantono, S.S., M.Hum



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Faculty of Language and Communication Science UNISSULA



Trimarah, S.Sos., M.Si  
NIK. 211109008

## 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, August 14<sup>th</sup> 2023



Akhis Cantika Damba

## MOTTO

*“Stay innocent, be naive but still dream big. Dream big to the point that it is beyond your ability and endeavor to achieve it. So dream big and don’t lose your innocence”*

*Min Yoongi*

⤵ ———— { . ★ . } ———— ⤵

## DEDICATION

I would like to thank myself for giving me a meaningful forward and I would like to sincerely thank you for believing me for the hard work and so much more. I feel so thankful, honored, and blessed even though it is really hard to put into words how grateful I am to finish my final project. I would like to thank you from the bottom of my heart to my family, fellow, and advisor for always giving me so much positive motivation, encouragement, direction, prayers, and assistance in every step. Lastly, I would like to give the biggest respect to everyone for always giving me unconditional love, and support and always being here for me.

*“Indeed, without the permission of Allah, as well as 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

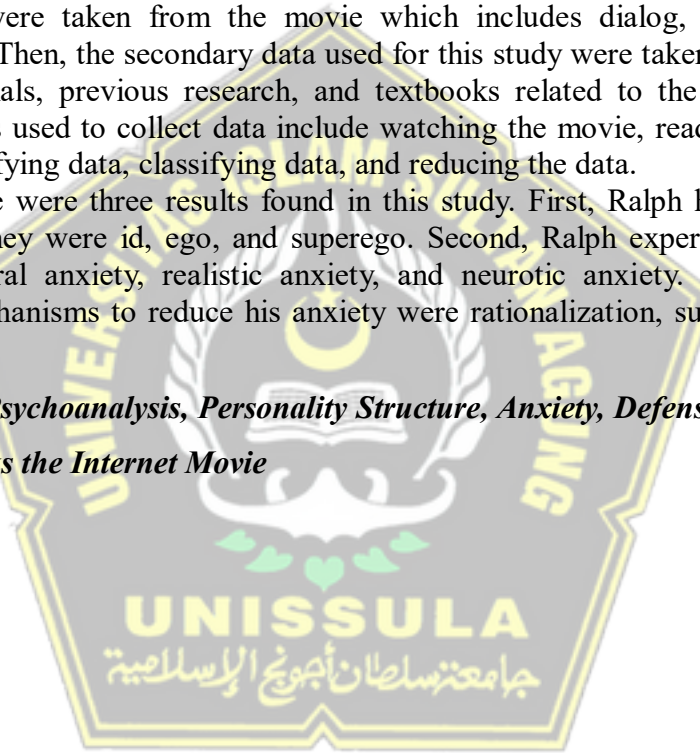
**Damba, Akhis Cantika. 30801900005.** The Personality Structure, Anxiety, and Defense Mechanism Analysis of the Main Character in *Ralph Breaks the Internet* Movie (2018). Final Project of Language and Communication Science Faculty. English Literature Study Program. Sultan Agung Islamic University Semarang. Advisor: Destary Praptawati, S.S., M.Hum.

*Ralph Breaks the Internet* movie (2018) by Rich Moore and Phil Johnston is the object of analysis in the study. This study aims to analyze the personality structures, anxieties, and defense mechanisms experienced by Ralph as the main character by using the psychoanalysis theory of Sigmund Freud.

This study used descriptive qualitative method. The primary data used for this study were taken from the movie which includes dialog, narration, and monologue. Then, the secondary data used for this study were taken from articles, books, journals, previous research, and textbooks related to the research. The various steps used to collect data include watching the movie, reading the movie script, identifying data, classifying data, and reducing the data.

There were three results found in this study. First, Ralph has personality structures, they were id, ego, and superego. Second, Ralph experienced anxiety such as moral anxiety, realistic anxiety, and neurotic anxiety. Third, Ralph's defense mechanisms to reduce his anxiety were rationalization, sublimation, and repression.

**Keywords:** *Psychoanalysis, Personality Structure, Anxiety, Defense Mechanism, Ralph Breaks the Internet Movie*



## INTISARI

**Damba, Akhis Cantika. 30801900005.** Analisis Struktur Kepribadian, Kecemasan, dan Mekanisme Pertahanan Tokoh Utama dalam Film *Ralph Breaks the Internet* (2018). Skripsi Program Studi Sastra Inggris Fakultas Ilmu Bahasa dan Komunikasi Universitas Islam Sultan Agung Semarang. Pembimbing: Destary Praptawati, S.S., M.Hum.

Film *Ralph Breaks the Internet* (2018) karya Rich Moore dan Phil Johnston adalah objek analisis dalam penelitian ini. Dari penelitian ini bertujuan untuk menganalisis struktur kepribadian, kecemasan, dan mekanisme pertahanan yang dialami oleh Ralph sebagai tokoh utama menurut teori psikoanalisis oleh Sigmund Freud.

Penelitian ini menggunakan metode deskriptif kualitatif. Data primer yang digunakan untuk penelitian ini diambil dari film yang mencakup dialog, narasi, dan monolog. Lalu, data sekunder yang digunakan untuk penelitian ini diambil dari jurnal, buku, artikel, penelitian sebelumnya, dan buku teks yang berhubungan dengan penelitian. Berbagai langkah yang dilakukan untuk mengumpulkan data yaitu seperti menonton film dan membaca naskah film, mengidentifikasi data, mengelompokkan data, mengklasifikasikan data, dan mereduksi data.

Dari penelitian ini ditemukan tiga hasil. Pertama, struktur kepribadian Ralph yaitu id, ego, superego. Kedua, Ralph mengalami kecemasan, yaitu kecemasan moral, kecemasan realistik, dan kecemasan neurotik. Ketiga, Ralph menggunakan mekanisme pertahanan untuk mengurangi kecemasannya, yaitu rasionalisasi, sublimasi, dan represi.

**Kata kunci:** *Psikoanalisis, Struktur Kepribadian, Kecemasan, Mekanisme Pertahanan, Film Ralph Breaks the Internet*

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I do realize this final project is way far from perfection. Thus, any suggestions and criticism 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, August 14<sup>th</sup> 2023

A handwritten signature in black ink, consisting of several loops and a long horizontal stroke extending to the right.

Akhis Cantika Damba

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# CHAPTER I

## INTRODUCTION

### A. Background of the Study

Etymologically, the term literature is derived from the Latin, *littera* (letter or masterpiece) which is the smallest element in alphabetical notation originally or referred to the whole text in the broadest sense. Klarer asserted, literature is considered to be the whole of written language, though not all written language can be classified as literature in the actual text of the word and meaning (1). Therefore, literature represents any form of writing or essay in a language that will be conveyed to others, literature involves reading and analyzing different types of written material, including fiction and non-fiction in English.

In popular literature, a movie is also literary work, the movie is based on literary works with new developments, various traditions, beliefs, cultures, and social life shown in the movie often indicate what is happening in the world and is intended to be a form of representation of the world with different meanings used as knowledge and entertainment. In comparison to other literary works such as novels, short tales, poems, and so on, a movie is one of the literary works that can describe the storyline of a story extremely thoroughly. A movie presenting ideas and visualizations that are adaptable to the times and easy to influence the audience, the movie aims to broaden people's horizons by interestingly educating society on the qualities of different lifestyles and cultures.

This is supported by Colman mentioned, who states that through different assumptions and goals, the film demonstrates and challenges our way of thinking about everything in the world, including the nature of thinking as a cognitive activity mediated entirely beneath the surface, in one form or another (17).

In other words, the movie has a plot, story, characters, and other features similar to narrative literature. However, in the movie, the main thing is visuals with moving images. Therefore, movies can also be a good means of communication by conveying certain messages that can change the hearts and minds of the audience watching them, as movies carry social themes that greatly influence the audience's mindset.

Many people begin to imitate their acts and behaviors through watching movies. The movie helps people distinguish between what is good and what is a bad thing. Numerous movies may also assist in making sound judgments and thinking for the individual. Knowing the personality structure of the characters in the movie requires a deep exploration of the human personality using a study of Psychoanalysis when it comes to human behavior by preconscious, conscious, and unconscious reacting to a problem since people are fundamentally different personalities and problems.

Freud made a comparison of the connection between the structure of the personality and the level of consciousness with the visible iceberg floating above the water, therefore the conscious mind is controlled by the subconscious mind

(53-54). According to Monte, the psychoanalysis theory supposes the presence of an unconscious internal aspect that persuades an individual's clear behavior (41). The above statement hints that humans are eager to know and recognize a person's personality from various views since what is seen outside is not enough to give a review that the person has such a personality.

Dealing with the statement above, every human being has problems and they try to show behavior to separate themselves from unpleasant events or anxiety called defense mechanisms.

As Rachman stated in the book entitled "*Anxiety*", said:

Anxiety is a strained and uneasy feeling about danger during an uncertain situation. It is a negative effect that is simply closely related to anxiety, and the two terms are often used interchangeably as fear. Anxiety is also a combination of tension and unpleasant expectations (3).

According to the statement above, when anxious, a person is allowed to have difficulty determining the source of unpleasant stress or the nature of a certain accident. Therefore, humans need a defense mechanism to overcome the anxiety that occurs due to conflicts between personality structures. Defense mechanisms are thought to help reduce anxiety, fear, danger, and guilt in humans, however, many types of defense mechanisms are used by people to protect themselves from feeling threatened.



This is supported by Schultz & Schultz mentioned in their book entitled *Theories of Personalities* which:

Freud believed that defense should be on to some extent and always on. Like all instinct-driven behavior, all behavior is defended in the sense that it protects against fear and anxiety. The tension of struggle within a personality can go up and down, but it never ends (58).

This revealed that a person rarely uses a single defense mechanism and often protects himself against anxiety by using multiple mechanisms simultaneously and overlapping with other defense mechanisms. This can be seen in *Ralph Breaks the Internet* movie (2018) shows that a human personality who seems kind, gentle, and sweet turns out to have problems with anxiety and insecurity that make him temperamental and act uncontrollably so a defense mechanism is needed to overcome anxiety and insecurity. This can provide insight into psychological experiences, such as fear of abandonment, loss, privacy, or risk of the character.

Personality structures, anxiety, and defense mechanisms are shown in the main character, Ralph, in *Ralph Breaks the Internet* movie (2018). In this movie, Ralph suffers from anxiety due to his personality structure, which allows him to free himself from his fears and anxieties with the support of defense mechanisms. Hence, this study will explain the statement above with the title *The Personality Structure and Defense Mechanism Analysis of the Main Character in Ralph Breaks the Internet movie (2018)*.

## B. Problem Formulation

To analyze personality structures, anxieties, and defense mechanisms in the *Ralph Breaks the Internet* movie (2018), this study uses the theory of Psychoanalysis by Sigmund Freud, and this study answered the following questions:

1. What are the personality structures portrayed by the main character in the *Ralph Breaks the Internet* movie (2018)?
2. What are the anxieties reflected in the main character in the *Ralph Breaks the Internet* movie (2018)?
3. How are self-defense mechanisms are depicted in the main character in the *Ralph Breaks the Internet* movie (2018)?

## C. Limitation of the Study

The limitation of this study focus on the conflict between personality structures that cause anxiety so that defense mechanisms can overcome anxiety caused by the personality structures of the main character, Ralph, in *Ralph Breaks the Internet* movie (2018).

## D. Objectives of the Study

Based on the problem formulation above, this study forms the research objectives into the following objectives:

1. To portray the personality structure portrayed by the main character in the *Ralph Breaks the Internet* movie (2018).
2. To describe the anxieties reflected in the main character in the *Ralph Breaks the Internet* movie (2018).

3. To analyze self-defense mechanisms depicted in the main character in the *Ralph Breaks the Internet* movie (2018).

#### **E. Significance of the Study**

The results of this study are intended to support the reader's understanding of the Psychoanalysis Theory by Sigmund Freud and here are two aspects regarding the significance of the study:

1. This study is expected to be useful and can provide information for readers and also gain a lot of knowledge about Sigmund Freud's Psychoanalysis, especially on personality structure, anxiety, and defense mechanisms.
2. In addition, this study is expected to provide references for other research in analyzing the *Ralph Breaks the Internet* movie (2018) which discusses personality structure, anxiety, and defense mechanisms through Psychoanalysis theory.

#### **F. Organization of the Study**

This study is divided into five chapters. Chapter one provides the Background of the Study, Problem Formulation, Limitations of the Study, Objectives of the Study, Significance of the Study, and Organization of the Study. Chapter two explains a Review of Related Literature that consists of a synopsis of the *Ralph Breaks the Internet* movie (2018), a component of the Psychoanalysis theory of personality structure, anxiety, and defense mechanisms. Chapter three describes Research Methods related to different Types of Research, Data Collecting, and Analyzing the Data. Chapter four discusses Finding and Discussion about the

personality structure, anxiety, and defense mechanisms of the main character in *Ralph Breaks the Internet* movie (2018). Chapter five consists of Conclusion and Suggestion in chapter four.



## CHAPTER II

### REVIEW OF RELATED LITERATURE

#### A. Synopsis of *Ralph Breaks the Internet* movie (2018)

*Ralph Breaks the Internet* movie (2018) tells the story of two best friends, Ralph and Vanellope, who have different personalities. They have to risk everything by going to the Internet to find a steering wheel to save Sugar Rush which was damaged.

At sunrise, Litwak (arcade owner) installs a new WiFi router, Surge Protector (game security) preventing anyone from accessing there. Meanwhile, Ralph is in Vanellope's game and tries to create a new track for her because Vanellope is bored with her tracks, so Ralph creates a new track for his best friend. Vanellope decided to take a shortcut just as she was about to reach the finish line where the steering wheel of the game would get out of control. At the same time, the children who played "Sugar Rush" called Litwak to fix the game and the steering wheel, however, the steering wheel broke in half. Litwak had no choice but to give up the "Sugar Rush", and the good news is that one of the children found a new steering wheel on eBay but Litwak insisted on giving up the game because the cost of the steering wheel on eBay was so expensive.

Ralph goes to Tapper's, and while there, Ralph remembers that there is a steering wheel on eBay and decides to go to the Internet to get the steering wheel. Eventually, Ralph and Vanellope enter the Wi-Fi network that will take them to the Internet. Arriving on the internet, Ralph and Vanellope found a search engine

called KnowsMore, then KnowsMore took both to eBay to get the steering wheel they wanted. Unbeknownst to them, Ralph and Vanellope had increased the price of the steering wheel to \$27,001. Ralph does not have that money just to pay for the steering wheel, so he contacts Spamley for help one of his options is to take Shank's car in Slaughter Race. In the Slaughter Race, Ralph distracts Shank when Vanellope picks up the car. However, Shank catches her and prevents the robbery. Shank and her other friends then record a silly video of Ralph saying "I'm going to ruin it!". Then Shank creates a BuzzTube account for Ralph and brings Ralph and Vanellope to BuzzTube's owner, Yesss. Ralph and Vanellope are now on BuzzTube, where BuzzTube netizens give Ralph as many hearts as people like Ralph's videos. In addition, Ralph is also seen making many videos to collect as many hearts as possible. Eboy (eBay's mascot) tells Ralph that the steering wheel sale will end in 30 minutes. Yesss tries to fix her system when Ralph reads comments about him on the BuzzTube platform. Some said they loved him and others said they disliked and hated him in the comments. Yesss warns Ralph not to read comments because it will make Ralph feel insecure and Yesss convinces Ralph that he won enough money to buy a steering wheel.

After making enough money, Ralph went to eBay with eBoy. On eBay, Ralph is waiting for Vanellope, Ralph then tries to call Vanellope and sees her with Shank at the Slaughter Race and tries to ask why Vanellope is there but his voice is muffled. He overhears Vanellope telling Shank that she wants to stay with Shank in the Slaughter Race. Ralph's heart breaks and asks Spamley if he knows of a virus that can slow down and destroy the Slaughter Race. Next, Spamley

takes Ralph to the Dark Net, the most darkest and most dangerous place on the Internet. Spamley introduces Ralph to Double Dan, who gives them a virus named "Arthur", an insecure virus that can deeply analyze code and spread it. Arthur will copy Vanelope's bug and spread it throughout the game, making it worse in Slaughter Race. Ralph tries to get into the Slaughter Race and searches for Vanellope. Ralph then picks up the unconscious Vanellope and she wakes up. Vanellope was furious with Ralph when he admitted that he was carrying a virus to slow down the game. Of course, to save their friendship, Ralph defends his actions by saying that he is no better than Shank and reveals that he told Shank that Vanellope preferred to stay in the Slaughter Race for all time when he tried to call her. Vanellope, disappointed in Ralph, then breaks Ralph's medal and discards it, breaking Ralph's heart for the umpteenth time. Unbeknownst to Ralph, "Arthur" watches him as he descends to retrieve the medal, unleashing his insecurities on the internet in the form of thousands of blooming Ralph clones. A few minutes later, the Ralph virus forms and Vanellope tries to avoid the giant Ralph. Terrified, Vanellope went to KnowsMore and asked for help to shut down the site. Then the real Ralph appears and makes a plan to make Vanellope lure the clones to the anti-virus zone to exterminate them. Yesss confronts Ralph and Vanellope about the KnowsMore website being down. As the clones form the giant Ralph, Yesss tries to save Vanellope, but the giant Ralph has captured Vanellope.

The giant Ralph captures the real Ralph and begins destroying him until Vanellope begs the giant Ralph to save him and promises that she will come with

him. However, the real Ralph overcomes his insecurities by telling them they must let Vanellope go and let him decide for himself. After Ralph resolves his insecurities, the clone disappears and Ralph is unconscious. After the riot on the Internet and all netizens survived, then Ralph was ready to say goodbye to Vanellope for the time being. When Vanellope was involved in the Slaughter Race, Ralph, returned to Game Central Station. Ralph also explains the changes to himself and the game's arcade that with or without Vanellope, Ralph would live a better life.

### **B. Psychoanalysis Theory**

According to Hossain, psychoanalysis is a type of treatment used to treat mental problem by examining the connection between conscious and unconscious thought processes (42). Thus, psychoanalysis is important in curing mental and psychiatric disorders by investigating the connection between the human personality in the mind so that it will be useful for societies that are likely to have similar problems. Psychoanalysis often occurs in people's absences because it is a personal problem in the human being, such as mood and behavior that takes an important role in living daily life.

Freud likened the connection between personality structure and level of consciousness to a visible iceberg floating on water (53). Therefore, the conscious mind is dominated by the subconscious mind. It can be interpreted that a human's nature and behavior can be different, which is produced by the basis of unconscious motives or the basis of thoughts, and feelings that tend to be carried out in the absence of conscious and partially conscious motives.



### **B.1. Three Levels of Mind**

In overcoming personality problems, Freud made a great contribution by examining preconscious, conscious, and unconscious perceptions if people are motivated by it due to impulses that they have little or no self-awareness of (27). The three levels of mind in Freud's psychology are useful in pointing out certain processes and places that do not exist in the body. In the book entitled *Theories of Personality*, Schultz & Schultz supported that Freud's original concept divided personality into three levels, they are preconscious, conscious, and unconscious (53).

#### **B.1.1. Preconscious**

The preconscious is an archive related to memories, perceptions, and thoughts such humans act currently unaware of, although can freely bring into consciousness. There are two sources of information that describe preconsciousness. The first is conscious perception, that is felt is only temporarily realized and does not enter the realm of preconsciousness whereas the center of attention works on other ideas. Ideas that swing simply between conscious ideas and assumptions are more fearless and far more conscious images than unconscious impulses. A second source of preconsciousness was Freud, who subconsciously believed that ideas could escape careful censorship and access the preconscious in disguise (Feist & Feist 25). Recognizing that some of these images are the offspring of unconscious people will increase the level of anxiety, and the last sensation will suppress this disturbing image and force it back into the subconscious so that it never turns into conscious.

### **B.1.2. Conscious**

Freud defined consciousness as corresponding to the ordinary sensations of everyday life. It includes all the emotions and experiences that people perceive at a particular point in time. Ideas can come to consciousness from two different directions (Feist & Feist 25-26). The early arises from the cognitive system of consciousness, which is fixed to the external world and acts as a means of perceiving external motivation. Particularly, what people perceive as completed function organs will enter consciousness, if not either shocking. The next source of a conscious system comes against the mental structure and add ideas not powered by the preconscious with threatening although cleverly changed figure against the unconscious. As Freud defined it, consciousness resembles its ordinary meaning. It includes all the senses and experiences that people are always aware of. Freud considered consciousness to be a limited part of personality in which only a small piece of a person's thoughts, feelings, and memories are conscious at each given time.

### **B.1.3. Unconscious**

The unconscious includes thoughts, impulses, or instincts that are beyond a human's awareness, though they still control most of their expression, emotions, and actions. Although people may be aware of visible behavior the mental processes behind the behavior are often unnoticed (Feist & Feist 24). According to Freud, the unconscious is bigger and unseen under the surface as well as a huge dark base consisting of the impulse, desires, and also instincts that lead human actions (54). Therefore, the unconscious is the driving effort

afterward the entire behavior, a supply of equipment that humans cannot recognize or force.

### **C. Personality Structure**

Freud introduced three models of the mind. This distribution of the mind into three structures helped Freud to interpret mental imagery in accordance with the purposes or objectives. According to Freud, humans have three cognitive systems including the id (pleasure), the ego (reality), and the superego (morality) (Schultz & Schultz 27).

#### **C.1. Id**

According to Rennison that the id is the mind into which humans are all born, a purely selfish set of desires and impulses aimed at achieving immediate and complete satisfaction of those desires. It was the id that controlled what Freud called the pleasure principle. The id is not tied to reality but constantly tries to relieve stress by satisfying basic desires (38). One of the functions of id is to find pleasure. In other words, id is said to serve the pleasure principle. While unrealistic and fun, the id can be illogical and contain inappropriate ideas at the same time. The id is also immoral because conflicting desires can arise in the sense that id cannot judge values or distinguish between right and wrong. All of the id's energies, both good and bad, are used for one purpose to find joy. Fundamentally, the id blindly pursues the satisfaction or pleasure principle, and the exception of its survival depends on the increasing alternate progress that brings it into connection with the outside world (Feist & Feist 29).

### **C.2. Ego**

The ego is the most personality structure in agreement with reality. The ego develops from the id and is the only source of connection with the outside world. The ego is responsible for the main decisions of personality. It is ruled by the principle of reality that tries to replace it with the principle of pleasure (Id) but since there is a conscious, a preconscious, and an unconscious, the ego is at any of the three levels (Feist & Feist 29). The ego must consider the needs of the id and superego in performing cognitive and intellectual functions, these are unequal and impracticable. Additionally, in these two aspects, the ego also serves the most important thing - the outside world. Therefore, the ego must always try to reconcile the id and superego signals that conflict with the reasonable needs of the outer world. The ego reacts in certain ways when surrounded by different and hostile sides of power. For example, people become anxious, then use denial and another defense mechanism to resist fear.

### **C.3. Superego**

According to Freud, the superego stands for the moralistic and idealistic side of the personality and this directed by idealistic and moralistic principles as opposed to the principles of id (pleasure) and ego (reality). The superego raises from the ego and has no powers of its own. Notably, the superego is different from the self, which has no relation to the external and is therefore unrealistic in its claims of perfection (Feist & Feist 30). Note that Superego has two subsystems (consciousness and ideal self). In general, conscience arises from the experience of punishing inappropriate behavior and saying what not to do, while the ideal of

ego comes from the experience of appreciating correct behavior and saying what should be done. The superego ignores ego bliss and blindly and explicitly strives for perfection. The meaning is impractical in the sensibility that the ego does away with the struggle and difficulty it faces in fulfilling its obligations. The superego can control the personality at the expense of iniquity and inability complexes. Unlike healthy individuals, the id and superego are combined within an ego that works with the passerby and works in harmony with minimal conflict.

#### **D. Anxiety**

Freud defined anxiety as a feeling, emotional, and unpleasant element that affects the physical sense and alerts a person to threatening danger (Feist & Feist 33). In Psychoanalysis, Freud explains anxiety as fear without an object that often cannot be found as a source. In this regard, Freud made anxiety the most important part of the theory of personality, for which he affirmed that anxiety is of great importance in the development of human behavior. Freud proposed anxiety as anxiety like an objectless fear. In other words, it is impossible to point to any cause or a specific cause for anxiety (Schultz & Schultz 33-34). Anxiety acts as a caution that something is wrong with the human personality. Such anxiety creates tension that drives the individual to seek self-satisfaction. In this case, Freud divided the feeling of anxiety into 3 parts they are Realistic Anxiety, Neurotic Anxiety, and Moral Anxiety.

### **D.1. Realistic Anxiety**

Realistic anxiety is linked to fear, unpleasant, and undetailed sensation that implies a possible danger. For example, while driving on a busy highway in an unfamiliar city, people may experience realistic anxiety, a situation full of real danger. Nevertheless, realistic anxiety is unlike anxiety in that it is not related to a specific feared subject (Feist & Feist 34). Realistic anxiety also called reality anxiety is the fear of an actual danger where the danger occurs in the real world. In general, someone agrees with our fear of tsunamis, landslides, floods, volcanic eruptions, and other disasters (Schultz & Schultz 57). In that case, real fear has a certain positive goal to lead more to behavior to avoid or protect humans from a danger that occurs. Fear will subside when the threat is gone or absent, yet this fear of reality can occur to the extreme, like if someone is in the forest and is afraid of being eaten by wild animals then it is likely that someone has realistic anxiety.

### **D.2. Neurotic Anxiety**

The fear of unknowable danger is a description of neurotic anxiety. Although the experience comes from the ego, it resides in the urges of instincts. Certain people may suffer neurotic anxiety when in the presence of teachers, bosses, or significant others. It is because they have unconsciously had negative feelings towards both of their parents. When childhood, these hateful feelings are frequently supported by a fear of punishment, which leads to unconscious neurotic fear (Feist & Feist 34). Neurotic anxiety is describing the fear or feeling of anxiety that arises when the person is not under the influence of their state of self-

control, usually occurring unconsciously due to the influence of the Id. Neurotic anxiety often leads to defensive as well as rigid patterns of behavior and aims to clean up and restore inner conflict. It often occurs during childhood when openly punished by displaying sexual or threatening influence (Schultz & Schultz 57). Thus, if the desire to satisfy the id's urge is very strong, anxiety will occur.

### **D.3. Moral Anxiety**

Moral anxiety exists because of the conflicting between the id and the superego. Initially, it is the fright of moral standards, while a human tries to point out an instinctive impulse that goes against the moral code, the superego avenges by convincing shame or guilt. In normal terms, people keep describing themselves as having distress of conscience (Schultz & Schultz 60). Moral anxiety begins when the conflicting that appears within the id and the superego is based on the sense that passion has been fixed. When a person is motivated to express impulses of behavior patterns that are contrary to an existing moral code, the superego will retaliate by giving signals of feelings of shame or guilt so that the ego tries to reduce them. In short, in everyday life, a person can be described as being stricken with a conscience.

### **E. Defense Mechanism**

Defense mechanisms are the ways in which the ego bridges the gap between the ego and the superego so as not to harm a person when faced with something unpleasant or frightening in reality. Since events outside of humans are not always pleasant and cannot always satisfy them, it requires a strategy because there are so many conflicts that occur between the ego and the superego so a reality that does

not match expectations does not hurt humans. Defense mechanisms are very often deployed, although extreme use leads to repetitive, obsessive-compulsive, and neurotic actions as the body needs to refine potency to build and support defense mechanisms (Feist & Feist 34). The use of the defense mechanism is to protect a person from feeling completely unwanted so that the impact on that person is to do something inappropriate to cover up his feelings in front of people. People who experience anxiety when faced with something challenging causes their anxiety to increase, when anxiety occurs, the mind will respond by sending signals to the brain to solve the problem and find a way rationally to escape from a threatening situation. Here are some Defense Mechanisms:

### **E.1. Repression**

The basic defense mechanism is repression as it relates to everything else that represents oppression (Feist & Feist 35). On any occasion the ego feels unprotected by an unwanted id, then the ego protects itself by blocking the threat by forcing the feelings of threat into the unconscious. Repression can be said to be a feeling or impulse that is hidden and forced into the subconscious because it is not socially acceptable.

### **E.2. Reaction Formation**

Reaction formation is one of the methods by which calmed impulses turn into consciousness by taking on a disguise that is the exact opposite of their early form (Schultz & Schultz 59). The process of automatically changing a socially inappropriate or unpleasant idea, feeling to opposite is known as reaction formation. Fundamentally, the individual acts in an act that is conflicting



with their real feelings and emotions sometimes showing severe or extreme reactions in order to protect feelings. Reaction formation may be recognized by the overload character, the compulsive form, and obsession. People usually do not completely realize their real emotions due to the unconscious level of defense mechanisms when response reaction formation. It is used to deal with inner conflicts and cope with the anxiety that results from conflicting ideas and feelings.

### **E.3. Displacement**

Displacement is if something that satisfies the id impulse urge is unavailable, the person can transfer the impulse to other objects. For example, a child who hates a parent or an adult who hates a boss but is frightened to express hatred for fear of punishment is more likely to shift the aggression to someone else who is usually less likely to retaliate. Freud defended that reaction formation was restricted to matter. Freud applied the term "repression" in a variety of ways in his writings and discussed the ability to move sexual objects or transform them into numerous other objects, including people. Freud also used displacement to replace one neurotic symptom for another (Schultz & Schultz 50). Displacement is also altered in the formation of dreams, such as the destructive impulse of a dreamer toward parents placed on animals in certain events.

### **E.4. Fixation**

Fixation defense mechanisms are psychological developments that tend to pursue or be immature throughout different stages of development (Feist & Feist 36). It is psychologically impossible to go through the growth process without

stress and anxiety, but while the thought of taking a further step induces inappropriate anxiety, the ego uses that strategy or constancy to feel secure and more comfortable. Freud announced fixation is the long-term attraction desire to the earliest and easier stage in development. Similar to other defense mechanisms, fixation is general, meaning that a person who seeks constant pleasure in eating, smoking, sucking, or speaking has an oral fixation, but people who care about the order can be said to be obsessed, and it is an anal fixation.

### **E.5. Regression**

Regression is when the ego has passed the development period while experiencing a period of stress and anxiety and then returns to its previous stage (Feist & Feist 38). Regression is found in many children as a child about to be weaned can retreat when seeing a baby born to its mother, this poses a threat to the older child because parents will pay more attention to the newborn. Meanwhile in adulthood, it occurs when facing situations that can be anxious, namely by returning to the initial behavior pattern, safer, protective, and directing the ego towards a simple and familiar direction with the situation. Regressive behavior or action is familiar with fixated behavior because it is rigid and childish, after all, regression is only temporary.

### **E.6. Projection**

The projection defense mechanism is full of ego, aggression, and another impulse that are unacceptable and perceived as belonging to others, not theirs. According to Schultz & Schultz Projection is another way to combat annoying impulses to project them onto others (60). When internal impulses generate a lot

of anxiety, therefore the ego can lower that anxiety by linking unneeded impulses to external objects, that is what is called projection. The projection is understood as observing others through disagreeable and correct emotions or feelings that are under the subconscious mind itself.

### **E.7. Introjection**

Introjection is a type of defense mechanism by which an individual seeks to give a positive review of others to their ego (Feist & Feist 37). For example, a teenager adopts or imitates his favorite idol's behavior, values, and lifestyle. This is a type of introjection in which adolescents feel an increase in their self-esteem and keep feelings of self-lowness to a minimum. People who introspect on characteristics that consider themselves valuable will give rise to a calm and better feeling about themselves.

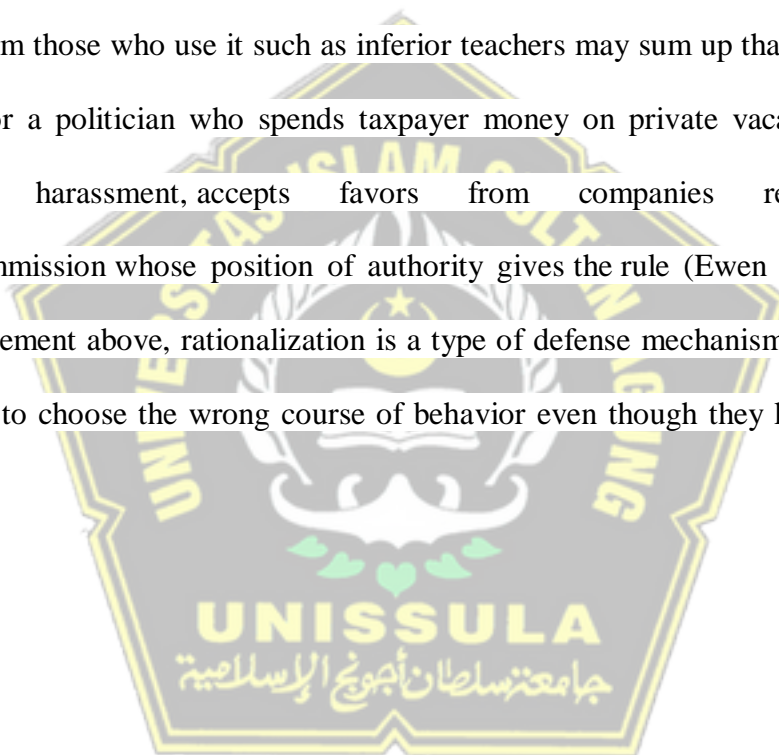
### **E.8. Sublimation**

Sublimation shifts engage in finding an alternate object that satisfies the id impulse, whereas sublimation engages in changing the id impulse itself. Freud believed that various human acts, especially artistic nature, are the existence of id impulses that have been repurposed for psychologically acceptable outlets. (Schultz & Schultz 50-51). As a results, sublimation benefits the individual by securing the ego from anxiety, but it is of offensive or disagreeable value from a social perspective. Sublimation defense mechanisms are defense mechanisms that assist individuals in expressing impulses more appropriately so that they are socially acceptable. The purpose of sublimation lies clearly in the achievement of

a social culture that is closely related to man. To sum up, sublimation merges with lust, creating a balance between social achievement and personal pleasure.

### **E.9. Rationalization**

Rationalization consists in using superficially logical causes and beliefs to confirm unwanted behavior (E. Jones, 1908). Different from excuses which are intended to persuade someone else, rationalization lower anxiety by hiding the fact from those who use it such as inferior teachers may sum up that students lack skills or a politician who spends taxpayer money on private vacations, rent in sexual harassment, accepts favors from companies regulated by the commission whose position of authority gives the rule (Ewen 21). Based on the statement above, rationalization is a type of defense mechanism that allows a person to choose the wrong course of behavior even though they know they are wrong.



## CHAPTER III

### RESEARCH METHOD

#### A. Type of Research

This study used descriptive qualitative research. Qualitative research focuses on collecting non-numerical data through observation. Qualitative data can be used to maintain a chronological flow, to see exactly which events caused the consequences, and to provide useful explanations. Even quality data, both tends to lead to absurd discoveries and new integrations and create or improve conceptual references. Finally, the results of qualitative research have an "indisputable" quality. Thus, the purpose of this type of qualitative research is used to analyze personality structure, anxiety, and defense mechanisms in the main character, Ralph, in *Ralph Breaks the Internet* movie (2018).

#### B. Data Organizing

##### B.1 Data Collecting Method

The step for collecting data for this study are described below:

##### B.1.1 Watching the Movie and Reading the Movie Script

The first step of the data-collecting method was watching the movie multiple times. During this step, the main goal of watching the movie was to get an overview of character identification, and an understanding of themes, conflicts, also plots. The next step was reading the movie script. This step aims to support statements to add credibility to the study and provide multiple

examples of some points of view on a subject that will be used in the appendix related to the movie.

### **B.1.2 Identifying the Data**

After watching the movie and reading the movie script repeatedly, the next step was identifying the data. This step paid particular attention to the main character's monologue, dialogue, description, and presentations portraying Personality Structure, Anxiety, and Defense Mechanism.

### **B.1.3 Classifying the Data**

The next step after identifying the data is to classify the data. Classification is done by grouping the data according to problem formulations. There were three types of problem formulations discussed in this study, and the data tables will be discussed. The table was called an appendix containing columns of numbers, movie script quotes, timing, analysis type, type of data, comments, and references.

### **B.1.4 Reducing the Data**

The last step was intended to deal with classified data through the elimination and selection of defense mechanism data that is not all needed in study. As a result, similar or weak data was omitted to improve and enhance the clarified data. Then the final data supporting each problem formulation were stored in the table of finalized data and used to support the analysis in Chapter IV.

## **B.2 Type of Data**

The data in this study can be divided into two types:

1. The primary data was taken from *Ralph Breaks the Internet* movie (2018) script directed by Rich Moore and Phil Johnston.
2. The secondary data was taken from journals, books, and articles in connection with this study.

## **C. Analyzing the Data**

In the last step of this study, the finalized data will be analyzed and the results of the data analysis will be reported. In this study, qualitative descriptive analysis is used as a method of analyzing data. Additionally, this study also uses the theory of Psychoanalysis from Sigmund Freud to analyze the data. Other supporting data for the movie such as dialogue, monologue, script, and scenes are required. The analysis and its results are then reported in Chapter IV: Findings and Discussion.

## CHAPTER IV

### FINDING AND DISCUSSION

This chapter summarizes research finding and discussion also responses to the three-problem formulations provided in chapter one. The results indicate that the main character has personality structures that cause anxiety so that defense mechanisms can overcome the anxiety of Ralph as the main character in *Ralph Breaks the Internet* movie (2018).

#### **A. Personality Structure portrayed by the main character in the *Ralph Breaks the Internet* movie (2018)**

The founding of the personality structure was one of Sigmund Freud's most important contributions to psychology such as, the id, ego, and superego represent the three elements of the human psyche (Walinga & Stangor 504). Hunger, thirst, and sexual desire are examples of basic, innate urges that the id reflects. The ego acts as a bridge between the superego and the id, the superego reflects the moral and ethical principles that humans learned through society. According to Freud, personality structures are continuously in conflict, resulting in psychological stress and dysfunction (Burgo 19). Then Freud believed that humans have three cognitive systems: the id (pleasure), the ego (reality), and the superego (morality) (Schultz & Schultz 27). There are Ralph's three personality structures portrayed in this movie:



### A.1 The First Personality Structures

According to Burgo, the id is the basic and natural aspect of the psyche that functions in the pleasure principle. It is the base of human basic urges and needs, such as thirst, hunger, and desire for affection (39). These urges are pursued by the id, which has no regard for morality, social norms, or the effects of its behavior.

The id of the main character, Ralph, in *Ralph Breaks the Internet* movie (2018) can be seen through Ralph's dialogue below:

**Vanellope:** "Do you realize we're basically just, like, zeroes and ones floating around like we are just tiny specks of dust? Like, doesn't the very nature of our existence make you wonder if there is more to life than this?"

**Ralph:** "Why would I wonder if there is more to life when the life I got is perfect? I mean, sure, it doesn't look so hot on paper, I'm just a bad guy from some old video game who wrecks a building. Yeah, and for 27 years I was a total zero without any friends. **But now I got a best friend who just happens to be the coolest kid in the whole arcade.**"

**Vanellope:** "Aw, thanks, Ralph."

**Ralph:** "Watch this. Home run! Alright, let's go watch the sunrise."

**Vanellope:** "Are you really saying that there is not one single solitary thing about your life that you would change?"

**Ralph:** “No. Think about it. **You and me get to goof off all night long. Litwak shows up, we go to work, we put on the hours, then the arcade closes and we get to do it all over again!** The only thing I might do different in that scenario would be not having to go to work. Other than that, I wouldn't change a thing. Hey, where'd the sunrise go?”

*(Ralph Breaks the Internet 0:03:00-0:03:39)*

Ralph shows one of the first personality structures, the Id, Ralph's id wants to express his friendship with Vanellope by spending and giving her the same thing every day after work which makes Vanellope bored with her repetitive daily activities and lack of challenges in her own game. Ralph said that Vanellope is his coolest best friend in the entire arcade where Ralph can spend all night and do many other things with her. Therefore, based on the explanation above, the id continually attempts to fulfill the urges but is frequently blocked by the truth principle, which the id drive will force the ego to make it happen by creating a new track for Vanellope.

The second personality structure of Ralph is the ego, which can be seen through Ralph's dialogue below:

**Vanellope:** “No, no. It's just every bonus levels been unlocked, I know every shortcut. Man, I'd kill for even just a new track!”

**Ralph:** “New track? You already got, like, three choices.”

**Vanellope:** “Yeah, I know, but don't you ever wish something new and different would happen in your game?”

**Ralph:** ‘Nope.’

**Vanellope:** ‘Really? Well, agree to disagree.’

**Ralph:** ‘Wait, I don't wanna disagree.’

**Vanellope:** ‘No, no, it's just a fancy way to say we don't have to argue about it.’

**Ralph:** ‘We're arguing? I don't want to argue!’

**Vanellope:** ‘Relax. Stop making it a thing, go to work. I'll see you tonight, stench-vessel.’

**Ralph:** ‘**Alright. She wants a new track? I'll give her a new track!**’

*(Ralph Breaks the Internet 0:05:32-0:06:10)*

Ralph's id creates an ego that is in direct contact with the outside world and Ralph deals with his desire to express his friendship by creating a new track for Vanellope so that the little girl does not get bored with her game. However, Ralph attempted to create a new track for Vanellope without worrying about the safety of the Sugar Rush. Therefore, based on the explanation above, Ralph's ego helps develop a sense of empathy and personal identification because Ralph who wants to be seen as a good friend for Vanellope can create a new track for her.

The third personality structure of Ralph is the superego, which can be seen through Ralph's dialogue below:

**Vanellope:** "I can't believe I don't have a game anymore. I mean, like what am I gonna do all day?"

**Ralph:** "What? Come on, are you kidding? You sleep in, you do no work, and you go to Tappers with me every night. I've literally just described paradise."

**Vanellope:** "But I loved my game."

**Ralph:** "Oh, come on., you were just bellyaching about the tracks being too easy!"

**Vanellope:** "But that doesn't mean I didn't love it! Yeah, sure it was kind of predictable, but, still, I never really knew what might happen in a race. And it's that, it's that feeling, that "not knowing what's coming next" feeling. That's the stuff. It feels like life to me. If I'm not a racer, Ralph, what am I?"

**Ralph:** "My best friend."

**Vanellope:** "It's not enough."

**Ralph:** "Hei.."

**Vanellope:** "No, I just- I'm sorry. I know I'm being weird. I think that maybe I just need to be alone right now."

*(Ralph Breaks the Internet 0:11:36-0:12:35)*

However, before the ego manifests the id's desires to the outside world, a superego appears that is moved because the actions that the ego will perform break the norm in Sugar Rush. Therefore, the superego affects the ego a bit when Ralph supposedly should not create a new track for Vanellope because it may ruin his friendship with Vanellope and contradict the moral values present in the Sugar Rush.

## **A.2 The Second Personality Structures**

Moreover, the dialogue below proves the second personality structures of the id experienced by the main character, Ralph:

**Ralph:** “So, all we gotta do is find this eBoy place.”

**Vanellope:** “eBay.”

**Ralph:** “Right, eBay. So we go over there, get the steering wheel, have it delivered to Litwak before Friday, he'll fix your game, everything goes back to the way it was! Happily ever after!”

**Vanellope:** “This is a shockingly sound, well thought-out idea for you, Ralph, no offense.”

**Ralph:** “I know, and none taken.”

**Vanellope:** “Here it comes! Ladies and gentlemen, boy and girls, I give you the internet!”

*(Ralph Breaks the Internet 0:17:47-0:18:11)*

Ralph's id is his desire to buy a steering wheel on eBay to fix the Sugar Rush but in reality, he does not have the money to pay for the steering wheel. The id impulse will force the ego to make it happen by stealing Shank's luxury car in the dangerous game Slaughter Race on the internet. Therefore, based on the explanation above, Ralph's id wants to make something that is not common or beneficial in the perspective of society in order to satisfy his desire without considering the results that will be gained.

Furthermore, the dialogue below proves another of the ego experienced by the main character, Ralph:

**Shank:** “There are much better ways to make money on the internet than stealing cars, such as, becoming a BuzzTube star.”

**Ralph:** “Am I supposed to know what that is?”

**Shank's friend:** “Come on, now, everybody knows BuzzTube! It's the video sharing site.”

**Shank:** “I'm just starting your account. Alright, there you go. If this thing goes viral, you can make a lot of money. A friend of mine, chick named Yesss, she's the head algorithm over there. Tell her I sent you. Yesss will hook you up.”

**Vanellope:** “Wow, that's very nice of you.”

*(Ralph Breaks the Internet 0:40:26-0:40:55)*

The ego operates on the principle of reality and seeks to fulfill the needs of the id when Ralph's id has no money to pay for the steering wheel. Ralph's ego plans to steal Shank's car from the Slaughter Race and find other ways to deal with it, such as becoming a BuzzTube star. Therefore, based on the explanation above, Ralph's desire to immediately steal Shank's car to buy a steering wheel for Vanellope is an example of how the ego manages to balance Ralph's id desire to get into the dangerous racing game Slaughter Race.

Additionally, the dialogue below proves another of the superego experienced by the main character, Ralph:

**Vanellope:** “Alright, pal, I have an idea. Hear me out. What if we go back to Slaughter Race, and I ask Shank-“

**Ralph:** “No, no, no. We're not going back to that death trap. Yesss, what if I made you a whole bunch of videos of me doing all kinds of crazy things?”

**Yesss:** “You mean saturate the market? That could give you a lot of hearts fast.”

**Vanellope:** “Have you thought this through at all? What do you plan on even doing in these videos?”

**Ralph:** “I'll just copy whatever's popular.”

**Yesss:** “Genius! Yo, Maybe, what's trending now? Maybe, Let's have a looky-looky. As usual, human suffering is number 1. Followed by hot pepper eating challenges, video game walkthroughs, screaming goats are back, unboxings, cooking demos, makeup tutorials, and lastly, bee puns.”

*(Ralph Breaks the Internet 0:45:45-0:46:11)*

As a grown man, Ralph’s superego is tasked with aligning himself with the norm by suggesting making more ridiculous videos of himself to get a lot of hearts from Buzz Tube users instead of participating in a Slaughter Race game and stealing something against their will because it was the wrong choice. Furthermore, based on the explanation above, Ralph's superego decided to make a ridiculous video of himself on Buzz Tube to earn a lot of money before the due date for the purchase of the steering wheel expires.

### **A.3 The Third Personality Structures**

Moreover, another dialogue below proves another of the id experienced by the main character, Ralph:

**JP Spamley:** “You know, where I come from, that's called a kick in the face.”

**Ralph:** “I can't believe it.”

**JP Spamley:** “Straight up donkey kick to the teeth.”

**Ralph:** “She's supposed to be my best friend. No, this can't be right. No, she's been brainwashed! That's what this is. Cause the Vanellope I



**know would never abandon me like that. I gotta get her out of there right now.”**

**JP Spamley:** “Easy now, tiger! I admire the impulse, but you charge in there like some white knight, she's likely to hold it against you.”

**Ralph:** “So what? I'm supposed to let her stay in the game that's obviously bad for her?”

**JP Spamley:** “Of course not.”

*(Ralph Breaks the Internet 1:08:40-1:09:12)*

Ralph's id wants to express his disappointment and wants to get Vanellope out of the Slaughter Race because he is jealous of Vanellope being close to Shank, in fact, Ralph can get Vanellope out of the Slaughter Race if he puts the insecure virus into the game. The id impulse will force the ego to make it happen by inserting the insecure virus into Slaughter to trick Vanellope into returning to Sugar Rush. Therefore, based on the explanation above, Ralph's id is motivated by the pleasure principle, which seeks to fulfill the direct request of the id where Ralph wants Vanellope out of the Slaughter Race due to feelings of disappointment towards Vanellope who is familiar with Shank rather than him.

Furthermore, another dialogue below proves the ego experienced by the main character, Ralph:

**Ralph:** “Then how do I make her leave? She thinks it's so cool and exciting in there. Unless you know how to make a game boring or... Wait. You know about viruses and stuff. Right, Spamley?”

**JP Spamley:** “Who's asking?”

**Ralph:** “Back home, me and the kid use to goof off in this game called "Tron". But then it got a virus that made the motorbikes go slow and then Vanellope stopped wanting to hang out there. So, do you know a way to do something like that to Slaughter Race?”

**JP Spamley:** “Oh, there's ways. Follow me. This area right here is what's called the "Dark Net". Lots of shady characters hang out here. So try to keep a low profile. Gord! Now Gord here, he's dabbled in virusmaking, but his cousin, this guy we're gonna go see, Double Dan. This dude is a virus making machine. Here we are.”

*(Ralph Breaks the Internet 1:09:14-1:04:40)*

Since the ego is part of the personality that mediates between the id, the superego, and the order to reality, the ego is governed by reality principles that prevent one from satisfying these impulses. Ralph's ego asks JP Spamley for help in getting Vanellope out of Slaughter Race by introducing an insecure virus into the game to trick Vanellope into returning to Sugar Rush. Therefore, based on the explanation above, Ralph's desire to insert the insecure virus into the Slaughter

Race is an example of how the ego balances Ralph's id so that Vanellope leaves the Slaughter Race and stays with him.

Additionally, another dialogue below proves another of the superego experienced by the main character, Ralph:

**Vanellope:** “No! Don't hurt him! Please, no! Stop it! You're squishing him! You're gonna kill my best friend! Fine, you win. You win, okay? Please put him down. I'll be your only friend, okay? Let him go.”

**Ralph:** “No! No, kid!”

**Vanellope:** “That's it. That's it, yeah. Let him down, and I'll go with you. We'll be best friends forever. Just me and you. That's what you want, right?”

**Ralph:** “Well, that's not what I want! It's not right to hold a friend back from her dreams. You don't own her! That's not how friendship works! You need to let her go! You need to let her go. I know. It's gonna hurt a little bit when you do. Ah, who am I kidding, it's gonna hurt a lot. But you're gonna be okay. We're gonna be okay. Right, kid?”

**Vanellope:** “Of course we are. Always.”

**Ralph:** “See? No matter where she goes, or where she lives, she's always gonna be our friend. You just gotta trust her. Cause that's what best friends do. Right?”

**Vanellope:** “Thanks, buddy.”

**Ralph:** “I feel good about this.”

**Vanellope:** “Ralph, look! I think you fixed your insecurity!”

**Ralph:** “You're right!”

*(Ralph Breaks the Internet 1:28:15-1:29:48)*

Before the ego realizes the id's desire for the outside world, the superego acts to provide moral standards to the ego. In this part, Ralph's superego realizes that it is wrong to hold friends from their journey and that Vanellope will always be his friend no matter what. Therefore, the superego influences the ego with Ralph not holding Vanellope back from being friends with anyone other than himself and should not have put the insecure virus into the Slaughter Race as it could break all over the internet as well as Ralph's friendship with Vanellope.

#### **B. Anxieties reflected in the main character in the *Ralph Breaks the Internet* movie (2018)**

Anxiety is a bodily sense that alerts a person to approaching danger and is a felt, emotional, unpleasant condition. According to Freud, unpleasantness is frequently uncertain and hard to describe, while anxiety is constantly felt (Feist & Feist 33). Anxiety is an intense feeling of extreme anxiety or worry caused by the ego's unconscious conflict between the id and the superego. Once these unconscious conflicts get too powerful, the ego becomes overwhelmed and unable to deal with them, which can lead to anxiety. Furthermore, Freud divided the

feeling of anxiety into three parts they are Moral Anxiety, Realistic Anxiety, and Neurotic Anxiety (57).

### **B.1 Moral Anxiety**

Based on the analysis of first Ralph's personality structure, Ralph's anxiety is moral anxiety. The conflict between the ego and the superego, such as shame or humiliation over breaking moral or ethical rules, is the root cause of moral anxiety. It comes down to a fear of an individual's conscience. When people are forced to express an instinctive desire that is counter to their code of ethics, their superego responds by instilling shame or guilt in them. People may characterize themselves as conscience-stricken in usage (Schultz & Schultz 60). The Moral anxiety of Ralph can be seen through Ralph's dialogue below:

**Ralph:** "Hey, Tapper?"

**Tapper:** "No, Ralph, I haven't seen Vanellope. Not since the last time you asked me 30 seconds ago!"

**Ralph:** "Sorry. I'm just worried about her. She's glitching like crazy and acting super insecure and Oh, get this. She said being friends with me wasn't enough for her. Not enough? I'm a great friend! Right, Tapper? Right?"

**Tapper:** "I'm sorry, who's acting insecure? Ralph, come on. the kid just lost her game. Give her a break."

*(Ralph Breaks the Internet 0:14:43-0:15:11)*

One of the causes of moral anxiety is guilt. Ralph's moral anxiety is represented by the guilt of having broken a moral or ethical rule by creating a new track in Sugar Rush for Vanellope which resulted in damage done to the game. In fact, Ralph went against the morals of creating a new track in a game that does not belong to him and ends up with Vanellope which makes Ralph feel guilty and away from him. Therefore, based on the explanation above, the conflict between an individual's moral principles results in moral anxiety. Fear of self-punishment, such as guilt for behaving against one's ideals. Ralph found out when he is worried and feels guilty for creating a new track for Vanellope and causing damage to Sugar Rush.

## **B.2 Realistic Anxiety**

Based on the analysis of second Ralph's personality structure, Ralph's anxiety is realistic anxiety. Realistic anxiety relates to reality's external risks to a person's physical or emotional health, including natural disasters or violent attacks. Realistic anxiety is unlike fear since it does not involve a particular thing to be afraid of (Feist & Feist 34). It is characterized as uncomfortable and undefined sensations associated with the possibility of danger. The realistic anxiety of the main character, Ralph, can be seen through Ralph's dialogue below:

**Ralph:** “Be careful, huh? Don't be a dummy! So where exactly are you sending her?”

**Yesss:** “Well, since candy girl comes from an arcade game, I'm thinking she'd be good in the gaming district.”

**Ralph: “Oh, no, no, no, no, no. Bad idea. Those games are dangerous. And they rotten your brain. Why don't we send her somewhere a little more, totally different from that and nowhere near there? Let's see. Family-friendly fan sites, that sounds safe. And she is technically a princess, so how about this one here with the sweet little pink castle?”**

**Yesss: “I love it! Okay, I'll redirect our newest pop-up to "OhMyDisney.com"!”**

*(Ralph Breaks the Internet 0:51:23-0:52:01)*

Ralph's realistic anxiety about the vast and potentially dangerous world of the internet when Yesss suggested that Ralph's video should be shared across all internet platforms to gain more hearts, but Vanellope volunteered to be a pop-up to help spread Ralph's video. Ralph wants to go with her out of fear that something will happen with Vanellope since they have never been separated for 6 years, but Yesss does not allow Ralph and needs him to stay to continue making videos.

### **B.3 Neurotic Anxiety**

Based on the analysis of third Ralph's personality structure, Ralph's anxiety is neurotic anxiety. Unconscious internal conflicts between the id and the superego, such as the fear of punishment or rejection, are the major cause of neurotic anxiety. The fear of unknown danger is classified as neurotic anxiety. The emotion exists in the ego, yet it is triggered by the id impulse (Feist & Feist 34). Numerous real and imagined problems can cause chronic worry, fear, and apprehension in

people with neurotic anxiety. People who experience neurotic anxiety may struggle to manage their worrying thoughts and can feel overwhelmed by their anxieties. The neurotic anxiety of the main character, Ralph, can be seen through Ralph's dialogue below:

**Ralph:** "I might have, kind of, sort of put a harmless little virus in the game."

**Vanellope:** "A virus? You did this?"

**Ralph:** "I wouldn't have done anything if I hadn't heard you tell Shank that you want to live in Slaughter Race forever."

**Vanellope:** "So, you were spying on me?"

**Ralph:** "You aren't exactly innocent here. You were gonna ditch everybody and abandon Sugar Rush!"

**Vanellope:** "oh please. I'm one of the 16 racers. They never missed me."

**Ralph:** "What about me?"

**Vanellope:** "Why would I ever spend another second with you after what you did?"

*(Ralph Breaks the Internet 1:17:42-1:18:13)*

This neurotic anxiety arises within the ego but comes from the id's urges that conflict with the outside world or reality. In this dialogue, Ralph's neurotic anxiety comes from feeling guilty and panicked over the damage to the internet



due to his selfish actions. To keep Vanellope away from Shank, Ralph inserts a dangerous virus into the game Slaughter Race. However, a virus ruins the entire internet, resulting in a debate between Ralph and Vanellope. Therefore, based on the explanation above, Ralph's neurotic anxiety is an unknown danger that is contrary to the existing reality which causes the virus to spread and damage the entire internet.

### C. Self-defense mechanisms depicted in the main character in the *Ralph*

#### *Breaks the Internet* movie (2018)

Unconscious psychological behaviors called defense mechanisms are applied by the ego to prevent the self from unpleasure or frightening thoughts, emotions, desires, or urges. Freud believed that the ego takes a variety of methods in order to do its goal, which is to avoid danger, anxiety, and unpleasantness. These methods are known as defense mechanisms (Bateman & Holmes 76). Defense mechanism control reduces the force discomfort or conflicts caused by the id and superego. Individuals are unaware that defense mechanisms are at work in this process since their functions cause issues. Freud described several defense mechanisms, they are suppression, reaction formation, displacement, fixation, regression, projection, introjection, sublimation, and rationalization (Feist & Feist 41). However, only rationalization, sublimation, and projection defense mechanism are depicted in *Ralph Breaks the Internet* movie (2018).

### C.1 Rationalization

To cope with Ralph's moral anxiety, he used rationalization as his defense mechanism. Using and believing in apparently logical reasons to support inappropriate behavior is known as rationalization (Schultz & Schultz 60). Rationalization includes coming up with logical or rational reasons for one's emotions or behavior to avoid facing one's genuine underlying motivations. Rationalization reduces fear and hides the truth from individuals who use it, as opposed to reason, which aims to persuade others rather than reduce fear (Ewen 21). The rationalization of Ralph can be seen through Ralph's dialogue below:

**Ralph:** "Hey, buddy, you goin' to eBoy? Well, I got some free advice for you. Don't! What a scam! The signs aren't even real!"

**Ralph:** "Hey, kid, what's wrong?"

**Vanellope:** "If I don't have the steering wheel, I don't have the game! I'm game-less! There's only one steering wheel on the whole internet, and we blew our chance to get it!"

**Ralph:** "Hey, hey, hey, hey, calm down. We came here to save your game and that's what we're gonna do. Okay?"

*(Ralph Breaks the Internet 0:27:33-0:28:00)*

To overcome the moral anxiety Ralph feels as a result of his mistake of losing Sugar Rush, Ralph uses a rationalization that involves he seeks to calm and encourage Vanellope to save the game as well as Vanellope's residence. Ralph does this to justify his mistake of destroying Sugar Rush in order to fix the game

so Vanellope can play there again. Therefore, based on the explanation above, Ralph uses rationalization as a defense mechanism to explain reality when Vanellope's game is broken and to reduce or avoid Ralph's when he is overwhelmed with unpleasant feelings by convincing Vanellope if Ralph will save her game.

### C.2 Sublimation

To cope with Ralph's realistic anxiety, he used sublimation as his defense mechanism. According to Freud, a variety of human interests, especially creative ones are expressions of id urges that have been channeled into legitimate social contexts. Sublimation is a sort of displacement, which is also a compromise (Schultz & Schultz 50). As a result, it does not provide complete fulfillment and instead causes an endless accumulation of tension. Sublimation is the process of transforming one's instincts or desires into behaviors or actions that are accepted by society. Sublimation includes changing the id impulse itself, as opposed to displacement, which includes finding a replacement object to satiate the id desire. Thus, instinctive energy is directed into forms of expression that society accepts and values. The sublimation of the main character, Ralph, can be seen through Ralph's dialogue below:

**Yesss:** “Yo, Ralph. You in here, dude? I gotta show you- Oh no. First rule of the internet: Do not read the comments. Should've told you that. Look, this place can bring out the worst in some people, but you gotta ignore all this. This isn't about you, Ralph. It's about them.”

**Ralph: “I don't care. It's fine. People hated me my whole life for being a bad guy. It's just a good reminder that this is the only heart that really matters. Vanellope gave me this. And as long as she likes me, I don't need anybody else. And I sure don't need the internet.”**

**Yesss:** “Hold on. It's not all bad. The internet can also be a place where you find a steering wheel at one website and make enough money to buy it at another one. Congratulations, Ralph. You did it!”

*(Ralph Breaks the Internet 1:00:34-1:01:17)*

Ralph's defense mechanism acts as a sublimation here to reduce his realistic anxiety, where Ralph directs his feelings of anxiety about bad comments directed at him by believing that bad comments are a good reminder for him when people hate him because he is a bad guy but most importantly a good heart and a heart necklace of his friendship with Vanellope, Ralph does not need anything as long as Vanellope is still his best friend.

### **C.3 Repression**

To cope with Ralph's neurotic anxiety, he used repression as his defense mechanism. Repression is the primary defense mechanism because it is a component of all other defense mechanisms. Repression is known as the unconscious elimination of something from conscious awareness (Schultz & Schultz 77). It is a kind of unconscious forgetting of the existence of something that makes individuals feel uncomfortable or painful. The ego defends itself whenever it feels threatened by an undesired id urge by repressing the impulse,

which means pushing the threatening feelings into the unconscious. Repression of the main character, Ralph, can be seen through Ralph's dialogue below:

**Ralph:** "Well, that's not what I want! It's not right to hold a friend back from her dreams. You don't own her! That's not how friendship works! You need to let her go! You need to let her go. I know. It's gonna hurt a little bit when you do. Ah, who am I kidding, it's gonna hurt a lot. But you're gonna be okay. We're gonna be okay. Right, kid?"

**Vanellope:** "Of course we are. Always."

**Ralph:** "See? No matter where she goes, or where she lives, she's always gonna be our friend. You just gotta trust her. Cause that's what best friends do. Right?"

**Vanellope:** "Thanks, buddy."

**Ralph:** "I feel good about this."

**Vanellope:** "Ralph, look! I think you fixed your insecurity!"

**Ralph:** "You're right!"

*(Ralph Breaks the Internet 1:29:09-1:30:46)*

When morally unpleasant impulses and painful memories are actively prevented or blocked from entering conscious awareness. In this part, Ralph experienced traumatic incidents while on the internet, such as fear of losing his best friend Vanellope and inserting an anxiety virus that caused damage to the internet system. Ralph then represses unpleasant experiences while on the internet

into his subconscious to prevent unwanted disturbances. Therefore, repression works as a defense mechanism to cope with neurotic anxiety by maintaining traumatic experiences and related emotions outside of Ralph's conscious awareness while on the internet.



## CHAPTER V

### CONCLUSION AND SUGGESTION

Based on the result of the analysis in chapter four, this chapter five contains the conclusion and suggestion of this study.

#### A. Conclusion

In this study, the conclusion of the problem formulation is according to the analysis in chapter four. Additionally, this study analyzes the personality structure, anxiety, and defense mechanism experienced by Ralph as the main character in *Ralph Breaks the Internet* movie (2018). The three problem formulations in this study are analyzed using the psychoanalysis theory by Sigmund Freud. Freud presented three models of the mind and dividing into three structures that supported Freud to interpret images of the mind according to human purpose or goal, they are the id (pleasure), the ego (reality), and the superego (morality).

According to the first problem formulation, Ralph as the main character in *Ralph Breaks the Internet* movie (2018) can be seen in his personality structure viewed from the personality structure theory by Sigmund Freud are id, ego, and superego. Ralph's first personality structure is influenced by the id, ego, and superego. Ralph's id appears and seeks to fulfill the pleasure urges that must be fulfilled. Ralph's id creates an ego that is in direct contact with the external world and Ralph works around his desires to express what he wants. Before the ego manifests the id's desires to the outside world, Ralph's superego appears which helps the ego to control the id's desires that break norms and are not by reality to

make Ralph more controllable. Meanwhile, Ralph's second personality structure is dominated by the superego. Ralph's id seeks to achieve unrealistic desires in society in order to satisfy his own sake. Then the ego is a part of the personality structure that mediates between the id, superego, and the demands of reality, the ego is ruled by reality principles that prevent a person from satisfying the urges of the id. While Ralph's superego is tasked with supporting the ego with the norm to control the unrealistic desires of the id. Furthermore, Ralph's third personality structure is dominated by the id. Ralph's id tries to fulfill the desire of the id where Ralph wants Vanellope out of the Slaughter Race due to feelings of disappointment towards her. Ralph's ego inserting an insecurity virus into the Slaughter Race is an example of how the ego balances Ralph's id to get Vanellope out of the Slaughter Race and stay with him. The superego acts to provide moral standards to the ego. As a result, the superego affects the ego with Ralph not keeping Vanellope from befriending anyone other than himself and not supposed to put the unsafe virus into the Slaughter Race.

In addition, Ralph shows several anxieties such as moral anxiety, realistic anxiety, and neurotic anxiety in *Ralph Breaks the Internet* movie (2018) based on conflicts between his personality structure. According to the analysis of Ralph's first personality structure, Ralph shows moral anxiety. Ralph's moral anxiety is represented by the guilt of creating a new track for Vanellope that resulted in the damage done to Sugar Rush and the fear of punishment if Vanellope would distance herself from him as a friend. Second, Ralph shows realistic anxiety based on the analysis of Ralph's second personality structure. Ralph's realistic anxiety is



dominated by the internet's widespread and possibly dangerous world since it is not where they come from and where the situation is different from his own arcade game. It is no reason why Ralph feels anxious when Vanellope volunteers to be a pop-up to help promote Ralph's video to gain more hearts and he is desperate to assist Vanellope since he is afraid that something bad may happen to her in the internet world or online community if she goes alone without Ralph. Based on the analysis of Ralph's third personality structure, Ralph shows neurotic anxiety. The neurotic anxiety experienced by Ralph shows his fear of the chaos that will occur in the internet world as a result of inserting the insecurity virus into the Slaughter Race. In addition, Ralph is unknowing that this insecurity virus has the potential can damage the entire internet, even though he first just targeted the Slaughter Race for Vanellope would get out and not stay in the dangerous game.

In *Ralph Breaks the Internet* movie (2018), Ralph reduces his anxiety with a defense mechanism. This study identifies three categories of defense mechanisms they are rationalization, sublimation, and projection depicted by Ralph. First, to cope with Ralph's moral anxiety, Ralph used rationalization as his defense mechanism. Ralph uses rationalization as a defense mechanism to explain reality when Vanellope's game (Sugar Rush) is damaged and to avoid Ralph when overwhelmed with unpleasant feelings by persuading Vanellope that Ralph will save and fix her game. Second, to cope with Ralph's realistic anxiety, Ralph used sublimation as his defense mechanism. Ralph uses sublimation as his defense mechanism by releasing unwanted urges such as anxiety and hurt towards the bad comments of internet users directed at him, then he releases his emotions as a

positive reminder. Although Ralph is an evil character in the arcade game, he believes that the most important thing is that he has a kind heart and that having a best friend like Vanellope is enough for him. Third, to cope with Ralph's neurotic anxiety, Ralph used repression as his defense mechanism. Ralph uses repression as his defense mechanism when Ralph represses his unpleasant memories and experiences while on the internet while arguing with Vanellope in his subconscious to prevent unwanted disturbances such as the fate of friendship and fear of losing his best friend Vanellope.

#### **B. Suggestion**

There are several suggestions that could be given to the readers in light of this study. First, readers could use Sigmund Freud's psychoanalysis theory to analyze other movies, such as *The Dark Knight* (2008) by Christopher Nolan. Second, readers could analyze *Ralph Breaks the Internet* movie (2018) using other theories such as the hero's journey. The third suggestion is *Ralph Breaks the Internet* movie (2018) can be used as an object of analysis by analyzing the personality structure, anxiety, and defense mechanism of Vanellope who is also the main character in the movie.

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