

CHAPTER V

CONCLUSION

After analyzing *We Are Okay*, The writer concludes that Nina LaCour exceptionally depicts the anxiety and self-defense mechanisms of the major characters in this novel. LaCour attractively presents three kinds of anxiety in *We Are Okay*; realistic anxiety, neurotic anxiety, and moral anxiety. Marin experiences all kinds of those anxieties, and Mabel merely experiences realistic and Moral anxiety. The writer finds that LaCour describes Marin's realistic anxiety caused by her grandpa's death made Marin easily worried and afraid every time she thinks about impending accidents with the actual external object or environment. Marin's neurotic anxiety is caused by the impact of the loneliness Marin felt, which leads Marin easily panicked. LaCour explains that the main reason Marin suffers moral anxiety is because Marin guilty after her grandpa commits suicide. Marin believes that she failed to become a good grandchild to her grandpa, intended to let go of the problems from the past and rediscover her happiness Marin tries to start a new life.

However, LaCour explains that Mabel's realistic anxiety arises in this novel because the strong bonds Mabel has with Marin have made separations difficult for Mabel. The leading cause of Mabel's moral anxiety is caused by how Mabel believes that she failed to do something proper according to moral values and that Mabel

believes she is not a good friend to Marin. All of those anxieties make Marin and Mabel have sorrowful conditions in living their lives.

Through this novel, LaCour accurately pictures the major characters overcoming their anxiety issues by using self-defense mechanisms. Marin develops five types of self-defense mechanisms: avoidance, intellectualization, denial, regression, and repression. On the other hand, LaCour describes that Mabel only develops three kinds of self-defense mechanism: denial, intellectualization and rationalization. Marin uses avoidance to avoid using the elevator when she is the only person left in the dormitory, and she also used to avoid seeing her house again. Marin and Mabel use intellectualization to protect themselves against anxiety that interferes with their mind by blocking the emotion and giving a logical reason. Next, Marin and Mabel use denial when facing an unwanted situation that is too much to handle by denying that they had experienced it. Marin repressed all questions about her mom in her mind as her repression way. Then, Marin releases her maturity to cope and act childish to cope with her anxiety that comes from her grandpa's as her regression way. The writer argues that all self-defense mechanisms help Marin and Mabel feel less overwhelmed by the anxiety issues. It also affects every decision that the major characters make in this story.

As a final point, LaCour wonderfully depicts the anxiety and self-defense mechanism experienced by Marin and Mabel. In this novel, anxiety is affected by a particular condition and situation. LaCour wanted to show the reader how anxiety can

make the major characters have miserable conditions living their life. LaCour present that the major characters need extra effort and various type of self-defense mechanisms to make them less threatened by the anxiety that bothers their lives. Hopefully, this research will benefit and contribute to the people who are enthusiastic about studying psychoanalysis, particularly related to the anxiety and self-defense mechanism.

