

CHAPTER I

INTRODUCTION

1.1 Background of the Research

A literary work is a creation of its author and a way the author could communicate his feeling or thought. It means that a literary work is the reflection of author's psychology and also has psychological effects to the reader. In this research, the writer focuses on the objective approach that is belonging to micro literature which is focus on the intrinsic element of a literary work.

There are various ways that humans do in dealing with psychological problems, most of them avoid it but there are also by development the self-defense mechanisms. Self-defense mechanism unconsciously helps people struggle with anxiety and depressed feelings. The ego deals with the demand for reality, id and superego as best as it can but when the anxiety becomes overwhelming, the ego must defend itself. It is done by unconsciously blocking the impulses or distorting it to be more acceptable. As Jane Milton in her book *A Short Introduction to Psychoanalysis* said that people need to protect themselves from overwhelming feelings or frightening contradiction.

One of the novels written by Emma Donoghue, *Room* contains an issue of human psychological problem through her character. The novel consist of

psychological condition that is depression, one of the character in the novel that is Ma, she had an issue of depression because she has through many bad things in her life, Since teenage age Ma has been kidnapped by Old Nick and held her captive in a small room in the backyard shed for many years. Every night Ma always raped until one day she gave birth to a baby named Jack. For Ma, Jack is everything she survives just because she wants to protect her son. This experience has huge impact towards Ma's psychological condition, which resulted in depression. In order to overcome her depression, she develops defense mechanism. Therefore, the writer would like to analyze the way Ma deals with her psychological condition

the novel has won so many awards and has been filmed by the same title in 2015, some of the award are the 2010 Hughes & Hughes Irish Novel of the Year, the Rogers Writers' Trust Fiction Prize, the 2011 Commonwealth Prize for Fiction (Canada & Caribbean), W. H. Smith Paperback of the Year (Galaxy National Book Awards), the Forest of Reading Evergreen Award, two Libris Awards from the Canadian Booksellers' Association (Fiction Book and Author of the Year, and two awards from the American Library Association (Indie Choice Award for Adult Fiction and an Alex Award for an adult book with special appeal to teen readers).

There are some reasons the writer wants to analyze this novel. First, the writer is interested in analyzing this novel because in this novel, Emma Donoghue has a unique idea about freedom and depression. The character Ma kidnapped and held captive in a small room for seven years and want to be free. After finally she can

escapes, unfortunately Ma get her psychological problem instead and use defense mechanism to deal with that. Ma starts to feel that the world is not the same as before she was kidnapped. She feels that the world become unsafe and uncomfortable to her and her son, Jack. So she chooses to live in a new apartment that keeps her away from the outside world just like when she was in the ‘room’.

Secondly, the writer is interested in analyzing this novel because the point of view of the novel is from a child's point of view. It is a challenge for the writer to understand the whole story and especially the characteristic of Ma. Thirdly, because the novel has won many awards, a literary work recognized as a great work according to awards that have been achieved and all of the appreciation and the review that aims to the novel. Based on the reason above, the writer wants to analyze this novel entitled **“SELF DEFENSE MECHANISM IN THE MAIN CHARACTER OF EMMA DONOGHUE’S ROOM”**.

1.2 Identification of the Problem

Novel *Room* by Emma Donoghue seems like a psychological novel. It presents a character named Ma has a psychological problem in her life. The psychological occurs as the issue during the story. The writer sees Ma as a strong woman because she can survive during held captive by the kidnapper. But the problem arises when she finally escape from the room. She feels uncomfortable with her family and the society. She get psychological problem instead.

This research reveals how Ma gets depression after she escape from the room that held her captive for seven years. The writer will find out the symptoms of depression that Ma expose and also the causes of Ma's depression. To deal with her depression, Ma develops some defense mechanism. The writer will find out what type of defense mechanism that Ma use to cope her depression.

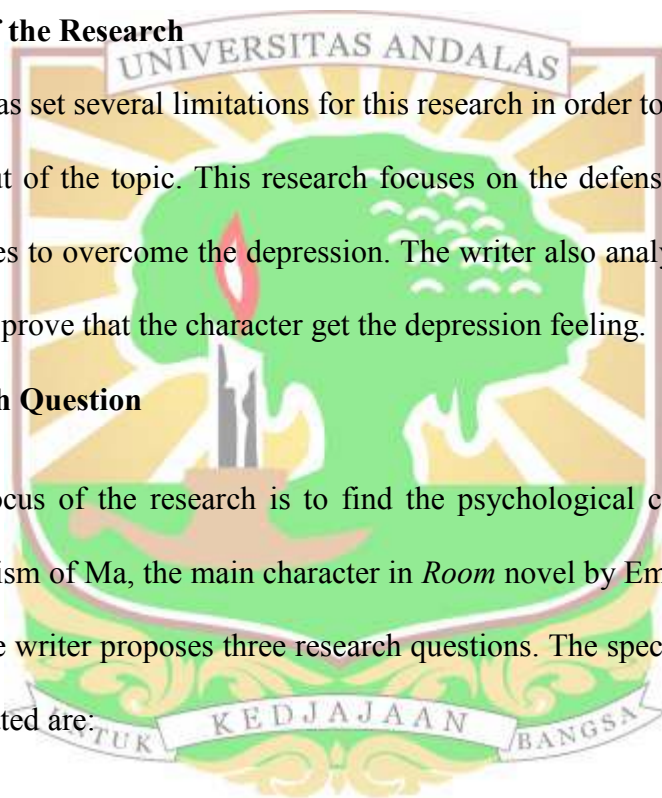
1.3 Scope of the Research

The writer has set several limitations for this research in order to make it compact, clear and not out of the topic. This research focuses on the defense mechanism that the character uses to overcome the depression. The writer also analyze the symptoms of depression to prove that the character get the depression feeling.

1.4 Research Question

The main focus of the research is to find the psychological conditions and the defense mechanism of Ma, the main character in *Room* novel by Emma Donoghue. In this research, the writer proposes three research questions. The specific questions that will be investigated are:

1. What symptoms of depression does the author put in the novel *Room*?
2. What causes of depression does the author expose?
3. What type of defense mechanism does the author use?



1.5 The Objective of the Research

This research aims to find out how the main character in the novel specifically Ma, deals with the depression. In order to understand the depression which is faced by Ma, the writer analyzes the symptoms of depression as seen in the novel. After that, the writer would also explain the causes of Ma's depression. Finally, the writer would elaborate the defense mechanism used by Ma to overcome her depression. This research tries to inform the readers that there are many alternative ways to overcome the depression.

1.6 The Review of Related Studies

The writer reviews some researches to guide and to avoid similar research objective. The first is a thesis journal from State University of Surabaya entitled *Ma's Anxiety in Emma Donoghue's Room* (2013) by Fithriyah Inda Nur S.S, M. Pd and Himmah Sofiana Mursyidah. Their research focus on psychological condition of the main character that is Ma, they believe that Ma suffers from Anxiety. To analyse this problem, they are using psychoanalysis theory by Sigmund Freud about anxiety and personality theory. For the result, they find that Ma's anxiety is all caused by her post traumatic event. But unfortunately, this research didn't mention how Ma can survive through her psychological problem. That what makes this research is different from the writer. For the writer, this research becomes a reference for the writer that psychoanalysis can be applied to analyse a literary work.

The second related study is a thesis journal by Ikhtiarina Putri S. An alumnus from English department faculty of humanities at Diponegoro University, in her thesis entitled *The Struggles of the Female Protagonist against the Oppression in Room by Emma Donoghue* focuses on the struggles of the female protagonist against oppression. For the result, she finds that Ma faces four oppressions. In conclusion, she finds that Ma is successfully recovered and goes back to her son, Jack. And start a new life with Jack in independent living. The lack of her analysis is she did not mention the life of Ma before the abduction occurs, this can help her analysis better. For the writer, this analysis helps the writer to understand Ma' psychology from another point of view.

The third related study is an article by Shikha Thakur, *The changing Dynamics of Motherhood in Emma Donoghue's Room*. In this analysis, the author analyses The Changing Dynamics of Motherhood in Emma Donoghue's *Room*. The concept of Motherhood is used as a tool to propound the feminist aspect using subversion for reclamation and reparation. The result of his analysis is that the feminist stance of the novel brings in fine nuances in the interrogation of the patriarchal and fortifies the feminist reconstruction of the self, in which gender identity markers are diminished, the authoritative approach of male-centeredness is annihilated and gender extremism is eviscerated. This research helps the writer to understand the characterization of Ma from the feminist point of view.

The fourth related study is a thesis journal written by Musrina, an alumnus from English department faculty of teacher training and education University of Muhammadiyah Malang. Entitled “An Analysis on Depression Faced by Charlie in Stephen Chbosky’s novel *The Perk of being a Wallflower*” (2014). This research analyze the depression that appear in the character named Charlie. She finds that Charlie had depression and there are six symptoms that appear to prove her argument along with the causes that makes Charlie depressed. Last, she finds that Charlie recovered from his depression by several step, one of them is by hiring the personal psychiatrist. Thus, since it is a different novel with the writer and the same approach, it makes this research become the example of the writer in conducting the research.

Next is a thesis journal from Meiriza Lidya a student from English department Andalas University. Entitled “Defense Mechanism in the Main Character of Tennessee William’s *A Streetcar Named Desire*.” This research analyze the strange behaviour of the main character and the self defense mechanism which are used by Blanche to face her conflicts. The result of her analyse is she finds that the causes of Blanche strange behaviour came from her life background, such as: lots of her ancestral home, the death of her husband, losing her job, and raped by her brother-in-law. The defense mechanisms that she uses are fantasy, denial of reality, projection, and regression. Thus, this analysis uses the same approach with the write but in different novel, it makes this research become the example of the writer in conducting the research.

1.7 The Theoretical Framework

Psychology of literature

In literature, psychology becomes one of the important aspects in a story. Psychology describes and attempts to explain the thinking, the emotion, and the behavior of individuals, couples, families, and the other social groups. One of the branches in psychology is psychoanalysis.

Psychoanalytic literary criticism is a form of literary criticism, which uses some of the techniques of psychoanalysis in the interpretation of literature. Psychoanalytic literary criticism uses theories of human psyche which are developed by Freud and others to interpret literature. The psychoanalytic criticism might psychoanalyze the characters, author, or the reader.

Based on the statement above, the characters in a literary work, especially novels can be analyzed through psychoanalysis lenses because the theory of Psychology deals with the human's mind and personality. Jane Milton in her book *A Short Introduction to Psychoanalysis* states "the word 'psychoanalysis' refers to a method for investigating the mind." (17). and in Louis Tyson's book *Critical Theory Today*, there is a statement that psychoanalysis can be used in interpreting literary works. "And, of course, if psychoanalysis can help us better understand human behavior, then it must certainly be able to help us understand literary texts, which are about human behavior." (11)

Personality structure

Personality theory has been influenced by Sigmund Freud, Who divided it into three parts. They are desire, actuation, and control. In other words that is the id, ego, and superego. The id, is the true desire of human being, it is work under unconscious mind. As Dr. C. George Boeree in his book *Personality Theory* states that “The id works in keeping with the pleasure principle, which can be understood as a demand to take care of needs immediately.” (5). In other words, the need of id cannot be tolerate or postpone. Meanwhile, the ego is the manager of personality which is a decision maker about pleasing instincts that oriented to the reality principle. The ego relates the organism to reality by means of its consciousness, and it searches for objects to satisfy the wishes that id creates to represent the organisms needs (5). The ego works under the conscious mind, secondary process thinking, which is realistic thought. On other hand, the superego is a personality moral component which related to society norm. When the id needs something they must be followed by the superego and the ego decide what action to choose to balance between the id and superego. The superego represents society (6).

Depression

In a book entitled *On Freud's "Mourning and Melancholia"* published in 2007, Sigmund Freud states that the effect of mourning is the same with melancholia “A correlation of melancholia and mourning seems justified by the general picture of the two conditions" (152) the core of both mourning and melancholia is the reaction to loss a loved one. When someone mourns because they have lost someone that they

love, they automatically feel sadness, loss of interest of the outside world, loss the ability to love new object (which means to replace the dead one). While melancholia also has the same pain with mourning, the distinction between them is that mourning people know what they have lost but melancholia people don't know what they have lost, or else know what it is, but not what it is about the object they have lost (115). it is clear that the depression is a response to loss.

Nowadays, the theory of mourning and melancholia from Sigmund Freud is called Depression. As Sheila Armstrong in her journal article *What Can Psychoanalysis Tell Us about Depression* states that “Psychoanalytic theory of melancholia, referred to nowadays as depression, began mainly with the work of Karl Abraham and Sigmund Freud in the early 1900’s. The seminal work in this area was Freud’s *Mourning and Melancholia*, published in 1917” (114) and depression can be seen from the symptoms that appear. Sheila Amstrong also described the symptoms of depression.

Describes the state of depression as “mentally characterized by a profoundly painful depression, a loss of interest in the outside world, the loss of the ability to love, the inhibition of any kind of performance and a reduction in the sense of self, expressed in self-recrimination and self-directed insults, intensifying into the delusory expectation of punishment. (116)

As the development of the symptom of depression from Freud, David S. Baldwin and Jon Birtwistle in their book *An Atlas of DEPRESSION* also added the key feature of depression or in other word the symptom of depression such as pessimism, low mood, reduced energy, ideas of self-harm or suicide, reduce self-confidence, disturbed sleep and altered appetite, guilty thought, and poor concentration (60).

Defense Mechanism

The ego defense mechanism shows how someone struggle with the anxieties. The ego deals with the demand for reality, id and superego as best as it can but when the anxiety becomes overwhelming, the ego must defend itself. It is done by unconsciously blocking the impulses or distorting it to be more acceptable, the techniques are called the ego defense mechanism.

There are several types of defense mechanism but the writer focuses on the types of defense mechanism that appear in the novel that are denial, isolation or intellectualization, and regression. According to Dr. C. George Boeree in his book *Personality Theory* states that “The ego deals with the demands of reality, the id, and the superego as best as it can. But when the anxiety becomes overwhelming, the ego must defend itself. It does so by unconsciously blocking the impulses or distorting them into a more acceptable, less threatening form. The techniques are called the ego defense mechanisms.” (7)

Denial

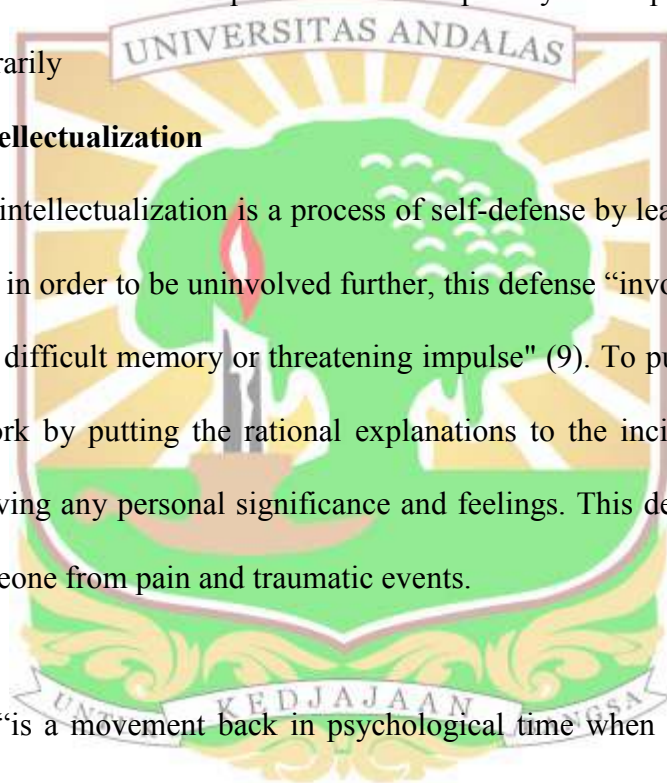
Denial is a defense of refusing to acknowledge that something terrible is happening. “Denial Involves blocking external events from awareness. If some situation is just too much to handle, the person just refuses to experience it.” (8) In other words, we can say that denial is ignoring unacceptable reality by refusing to admit them. This defense can help someone to keep away the impact of a traumatic situation temporarily

Isolation or intellectualization

Isolation or intellectualization is a process of self-defense by learning and finding out the problem in order to be uninvolved further, this defense “involves stripping the emotion from a difficult memory or threatening impulse” (9). To put in another way, this defense work by putting the rational explanations to the incident or traumatic events by removing any personal significance and feelings. This defense mechanism can protect someone from pain and traumatic events.

Regression

Regression “is a movement back in psychological time when one is faced with stress” (11). In other words, when someone faced with stress they will return to the point when they feel safe and secure. The individual return to this more secure time of life by showing behavior that appears at that time, such as childish and dependent behavior. “When we are troubled or frightened, our behaviors often become more childish or primitive”(11).



1.8 The Methods of Literary Research

The writer uses three steps in conducting this research. Those steps consist of collecting data, analyzing data, and presenting the result of analysis.

1.8.1 Collecting Data

In collecting the data of this research the writer uses the library research method which leads in two kinds of data, primary and secondary data. The primary data comes from the novel by Emma Donoghue entitled *Room*. The secondary data are collected from several sources such as articles, book, and journal related to the topic and theory used by the writers.

1.8.2 Analyzing Data

In analyzing the data, the writer applies qualitative research method, as Robert Bogdan and Knoppbiklen in their book *Qualitative Research For Education An Introduction to Theory Method* states that “qualitative research method is descriptive. The data are collected in the form of words rather than numbers. The written result of research contains a quotation from the data to illustrate and substantiate the presentation”. (28) It is clear that the qualitative method is descriptive in which the data are elaborated through words, not in the forms of numbers.

The data analyzed by reading the book several times focuses on the intrinsic elements which are considered as the clue to support the finding of the research.

Sigmund Freud's theories about defense mechanism and depression are the basis to analyze and discuss the data.

1.8.3 Presenting Data

The writer uses the descriptive method to present this research and explain the issue of naming using primary and secondary data. The writer provides some opinions from other researchers and supports this research by adding some quotation from the selected data.

