



**THE MAJOR CHARACTER ANXIETY REFLECTED IN COETZEE'S
*DISGRACE***

A final Project

submitted in a partial fulfillment of the requirements

for the degree of *Sarjana Sastra* in English

by

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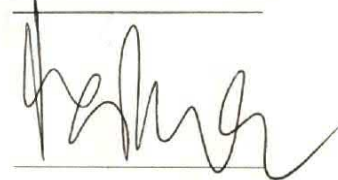
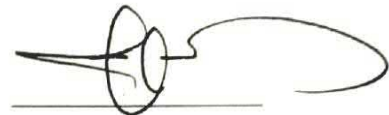
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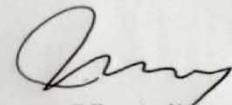
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DECLARATION OF ORIGINALITY

I, Ricky Ardiyansyah, as the writer of this Final Project hereby declare that this final project entitled *The Major Character Anxiety Reflected on J.M.Coetzee's Novel Disgrace* is my own work and has not been submitted in any form for another degree or diploma at any university or other institute of tertiary education. Information derived from published and unpublished work for others has been acknowledged in the text and a list of references is given in the bibliography.

Semarang, July 29th 2019



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MOTTO AND DEDICATION

It's the game of life. Do I win or do I lose? One day they're gonna shut the game down. I gotta have as much fun and go around the board as many times as I can before it's my turn to leave.

(Tupac Shakur)

I dedicate this final project to:

My beloved family

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ABSTRACT

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Keywords: Major character, Anxiety, Self-defense mechanism, Psychoanalysis, Sigmund Freud.

This study attempts to analyze the anxiety of the major character on *Disgrace* novel that is David Lurie 52 years old men. He is a womanizer and has a daughter live in a remote area in Africa. The objectives of the study are: 1) To describe anxiety experienced by David Lurie in *Disgrace* novel. 2) To explain the defense mechanism of David Lurie towards his anxiety based on the psychoanalytic approach by Sigmund Freud. The researcher used descriptive qualitative method in analyzing the data that focused on the textual data. This research analyzes by relating the data with Freud's Psychoanalysis theory of three principles (Id, Superego and Ego). The result of the study shows that: 1) The major character experienced three kinds of anxiety called neurotic anxiety, realistic anxiety, and moral anxiety based on internal conflict and Freud's three principles theory. The anxiety suffered by David affected by threat, frustration, age, gender, environment, fear, repression and desire conflict that the major character experiencing on his life. 2) The major character uses the defense mechanism to reduce his anxiety such as rationalization, projection, and aggression. The researcher conclude that David suffers moral and reality anxiety the most that caused by his age, environment and repression. To reduce those two anxieties, he uses defense mechanism called rationalization and aggression.

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CHAPTER I

INTRODUCTION

This chapter discusses the background of the study, reasons for choosing the topic, research problems, purpose of the study, significance of the study, definition of terms, and outline of the report.

1.1 BACKGROUND OF THE STUDY

There are some ways to express ideas, especially in a literary work. There is a literary work that brings us to the world of dreams and takes us away from reality. It has to be contrasted with a literary work that needs our interpretation. Literature is a personal expression of feeling including experience, idea, motivation, confidence in the concrete description by using language. According to Rees (1973: 8) 'good literature has some qualities, they are: psychological truth or holding the mirror up to nature, originality, craftsmanship, a consciousness of moral values.' It means that by studying literature, we will learn more about human anxiety and problems, if we study literature of other countries, we will begin to understand that all mankind shares these problems. In addition, literature will help the readers to understand other people's feelings, thoughts, and attitudes towards life.

Novel as a literary works has known since eighteenth century in England with the result as like novel, poem, poetry, drama, and prose. Novel is a part of prose form beside short story Prose is often as specific terms for all discourage spoken or written which is not patterned into recurrent matrix united that we call verse. Prose has longer meaning because it covers everything that is written as literary work but it includes some of nonfiction work.

Having concern on this literary critic nowadays begin to analyze African literature with different approaches, such as psychology studies. This research tries to prove that African's literature also has a relationship to other discipline theories. One of the aims of this research is also to explore the relationship between African's literature and other studies, particularly the psychology studies.

The term psychoanalysis is initially used to refer to the interdisciplinary between psychology and literature (Minederop, 2011:11). It attempts to analyze a literary works based on psychological condition reflected in the work. According to Bressler (1999: 148), this approach attempts to explain the hows and whys of human actions without developing an aesthetic theory; a systematic, philosophical body of beliefs about how meaning occurs in literature. The movement of psychoanalysis was initially begun by Sigmund Freud. He asserted that human's mind is more determined by his unconscious mind than conscious mind. It leads to the dynamic of human personality. He then delivers his theory of human psyche; Id, Ego and Superego. It initiates other psychologists to deliver their theory about what-so-called as humanistic psychology.

Disgrace is a novel that has aroused much discussion. Some see it as portraying a bleak view of a post-apartheid South Africa that has descended into violence. The relationship of white and black people cannot be separated in Africa even after the colonialism. This novel is one of many Africans literature that can be analyzed by psychological approach. It tells about white people who live in Africa after colonialism and their behavior in dealing with their problems in daily lives.

In the analysis, the researcher interested in investigates how the major character David Lurie that suffers an anxiety that live in Africa, because from the psychological point of view, he does not have a normal live as an old man. His needs to loved and respected by people around him are

neglected. In the psychoanalysis study, the unfulfilled needs that Lurie endure in his daily lives become anxiety inside him.

Since anxieties create worries, fear and uncomfortable feelings he tries to find a way to alter his anxiety to get comfortable feelings and situation. One of the ways is by creating a new place that according to him, is safer and more comfortable than the previous place. In psychoanalysis, this behavior is called defense mechanisms. Defense mechanisms are unconsciously used by someone to cope with their anxieties and to get comfort by distorting reality (Lester & Cheryl, 2002:337). In this novel the researcher finds that the main character applies defense mechanisms to help him reduce their anxieties.

From the explanation above, the researcher chooses *Disgrace* novel to analyze using the psychological approach. It is used to understand and to explain the behavioral of the main characters in the novel. Therefore, the researcher conduct research with title “THE MAJOR CHARACTER ANXIETY REFLECTED IN COETZEE’S *DISGRACE*”.

1.2 REASONS FOR CHOOSING THE TOPIC

Major character is a character that is central to the development and resolution of the story's conflict. Most of the action of the story happens around the major character or characters, and their activity advances the plot and helps decide the outcome of the text. The topic of this study is about anxiety that experienced by the major character David Lurie that living in Africa after colonialism and how he manages his anxiety using self defense mechanism.

Anxiety is a warning signal that danger is present and that overwhelming emotions may be felt, giving rise to unmanageable helplessness. The danger may be perceived as arising from internal or external sources, and be the response to a variety of powerful fantasies in the unconscious mind. The second reason that the writer interested in this novel is about the anxiety suffer the major character. Its irony while white people who were powerful strength in the era of

colonialism and know they suffer anxiety of social life in Africa. When someone suffers anxiety, their psychological thing called defense mechanisms will appear and this study will describe the anxiety and defense mechanism that happen towards white people in Africa.

Disgrace novel well-known as African literature written by J.M Coetzee, it tells the life of minority and the majority that live in Africa after colonialism. Psychological and racial issues become the main issues that David Lurie the major character should be dealt. David Lurie is a womanizer, arrogant, anti-hero and he is a white people race, that is still relevant to current situation where racism still occur being a big problem world-wide.

1.3. RESEARCH PROBLEMS

The main problems on this study are:

1. How is anxiety experienced by the major character described in Coetzee's *Disgrace*?
2. How does the anxiety result in the major character's self defense mechanism?

1.4. PURPOSE OF THE STUDY

The objectives of the studies are as follows:

1. To describe how of anxiety experienced by the major character in *Disgrace* novel.
2. To explain the defense mechanism of the major character towards his anxiety in *Disgrace* novel.

1.5 SIGNIFICANCE OF THE STUDY

The result of this study is expected to be able to give some benefits, first I hope this study will help people understanding psychological terms especially about anxiety and self defense mechanism. Furthermore, this analysis also aims at helping people to comprehend the main idea of *Disgrace* novel of J.M Coetzee using psychological approach. For the students of English

Department especially the literature program this study is supposed to give a small contribution for research work on literature and being a good reference for those taking the same topic for their final projects.

1.6 OUTLINE OF THE STUDY

This final project is described systematically in chapters. It is dividing into five chapters; each chapter will discuss different matters as follows:

Chapter I is an introduction. It consists of the background of the study that explains what literature, novel psychoanalysis and the *Disgrace* novel is. Second is the reason for choosing the topic that explains what are anxiety and the major character on the *Disgrace* novel. Third is the problem statement that consists of questions related to the main problem of the research. Fourth is the objectives of the study, it contains purposes choosing the topic for the research. Fifth is the significance of the study, it explains the benefit of this study theoretically and practically. The last is the outline of the study report, it consists of explanation of each chapter.

Chapter II is review of related literature. This chapter is divided into three sub-chapters. They are review of previous studies and it contains of the study that has same topic, review of related theories and it contains theory of psychoanalysis, anxiety and self defense mechanism. The last is theoretical framework which contain theories will be used to analyze the *Disgrace* novel.

Chapter III presents the methodology used in this study. It consists of research assumption, research design, subject of the study, object of the study, roles of the researcher, instrument of analysis, methods of collecting the data, methods of analyzing the data and triangulation. The object of the study is anxiety in the *Disgrace* novel itself. The subject of the study is the major character in *Disgrace*. Research design on this study use descriptive and qualitative method. Method of collecting the data contain how to collect the data to do the research. Methods of

analyzing the data contain how to analyzing the data and the research itself. Triangulation used by the research to achieve the trustworthiness.

Chapter IV presents the finding and discussions. This chapter contains the results and analysis of the study. The analysis of the major character anxiety from the *Disgrace* novel is directed using psychoanalytical approach supported with the Freud's concept of self-defense mechanism.

Chapter V is a conclusion and suggestion. It consists of the conclusion of the study based on the analysis and the suggestion from the writer.

CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter consists of three parts, namely Review of Previous Studies, Review of Theoretical studies and Theoretical Framework. Review of Previous Studies gives the information about some previous studies in the relevant field which had been conducted so far. The previous studies that will be discussed in this study have similarities and differences that can support this study as the researcher references. Review of Theoretical Studies contains theories, which are applied in the study. Theoretical framework gives the description of this study.

2.1 Review of Previous Studies

In doing this study, it is inevitable that the presence of previous studies provided such contribution and influence. Besides strengthening my analysis project, those studies also provided some different perspectives about the topic of *Disgrace* novel, anxiety and self defense mechanism. When searching some previous studies, there were many journal I found relating to the topic of *Disgrace* novel, anxiety and self-defence mechanism. Some studies that concern to the same topic were used to strengthen the analysis in this study. They were described as the followings.

There are some researchers that investigate the problematic of the body in Coetzee's novel *Disgrace*. This novel come from South Africa that has descended. Some see it as portraying a bleak view of a post-apartheid into violence. It tells about white people who live in Africa after colonialism and their behavior in dealing with their problems in daily lives. Those researchers are: (see e.g. Neimneh, 2013; Mardorossian, 2011; Nashef, 2009; Choa Choi, 2016; Kraus, 2013). All of those studies have similarities. They have the same aim, to help people more understanding the *Disgrace* novel itself and it can be inspirational and even educational for the

readers to explore their thought. Some researchers use psychological approach and its elaborate the humiliation of the human being as manifest in *Disgrace* novels that were used in those study. However, those studies have different ways to elaborate the disgrace novel, e.g.: Mardorossian (2011), Nashef (2009), Neimneh (2013). Those researchers analyzing the evil side of the black people who did humiliation to the white people that is the major character on *Disgrace* novel, David Lurie. Otherwise, the rest of the researchers analyzing the the evil side of the white people on the Africa that is David Lurie's side, e.g. Choa Choi (2016), Kraus (2013). The result of the studies showed that both black and white people have each evil side that used to do humiliation or violence to other race and that happened because of they cannot managed their psyche.

There are variative approach on analyzing *Disgrace* novel, one of those is semiotic approach. The researchers that use semiotic approach are (see e.g.: Driss,2018; Yitah, 2008; Moffat, 2018; Smit - Marais – Wenzel, 2006). Those studies have similarity that is using semiotic approach that concern on the historical development in post-apartheid Africa that there are so many issues, especially racial issue. However, those studies have different concern on signing the racial issues that have impact on African psychology, e.g. Driss (2017), Yitah (2008). Those researchers analyzing the major character that illustrated to another character such as Liberty, and Lord Byron that behave like David Lurie as the major character. The rest of the researchers analyzing the setting on the *Disgrace* novel to illustrate the condition in Africa after apartheid, e.g. Moffat, 2018; Smit - Marais – Wenzel, 2006. From those studies indicate that there are a lot of factors in interpreting the *Disgrace* novel that could give the readers another inspirational thought about the novel, such as psychological into semiology. Those studies can be used by the researcher to complete their studies that conduct *Disgrace* novel as references.

Studies on anxiety as general have been the concern of a number of researchers (see e.g. Oktaviani, 2014; Nuraeni, 2010; Whenny, 2016; Anggraini, 2010; Farkhatun, 2017; Wilt, - Oehlberg – Revelle, 2010). All of those studies have similarities. They have the same concern that is anxiety and they use psychological theory to do their researchs. Sigmund Freud as the founder of modern psychiatry affords the opportunity to analyze the literary characters through the use of his psychoanalytic theory. Majority of the researchers use Sigmund Freud theory as the base of their studies, e.g. Oktaviani (2014) Nuraeni (2010) Whenny (2016), Anggraini (2010), Farkhatun (2007). The rest of the researcher use another theory that is called as ABCDs personality. According to Will, Oehlberg and Revelle (2010), Although usually thought of as a problem in affect, anxiety, just as any other personality trait, may be conceptualized as a coherent patterning over time and space of affect, behavior, cognition, and desires (the ABCDs of personality). We use the ABCD framework in an analysis of anxiety as a personality trait and an emotional and behavioral state. We review the anxiety literature with particular emphasis upon the relationship between anxiety and the behavioral consequences of having strong avoidance goals. The results of those studies showed that there are so many studies that concern in anxiety and majority of the studies using Sigmund Freud theory to conduct their studies. Those studies can be used by the researcher to complete the studies since the topic of the research is anxiety and using Sigmund Freud theory as references.

Studies on anxiety that triggered by racial sentiment especially white and black people sentiment have been the concern of a number of researchers (see e.g. Soto - Andoh - BeLue, 2011; Godsil – Richardson, 2017; Lawrence – Griffith – Watson, 2013; Assoc, 1994; Anderson, 2018). All of those studies have similarities. They have the same topic that is anxiety especially that triggered by black people. “Racial anxiety” refers to the heightened levels of stress and emotion that we confront when interacting with people of other races. People of color experience concern that they will be the subject of discrimination and hostility.

Some researchers concern about white people anxiety towards black people, e.g. Soto, Andoh and BeLue (2011), Godsil and Richardson (2017). Some of other researchers find that black people experience anxiety more than white people, such as e.g. Assoc (1994), Anderson (2018) Lawrence, Griffith and Watson, (2013). according to Lawrence, Griffith and Watson, 2013, From 1,277 African American, 629 Caribbean Black, and 371 non-Hispanic White men from the National Survey of American Life, we examined associations between race/ethnicity and experiencing one or more chronic physical health conditions in logistic regression models stratified by age and 12-month mood/anxiety disorder status. The result of those studies both white and black people experienced anxiety but the black people has the bigger amount. Those studies can be used by the researcher to complete the studies since the topic of the research is anxiety that triggered by race or ethnicity because the subject of the researcher is major character in *Disgrace* novel that is white people who lived in Africa.

Studies on anxiety that triggered by racial sentiment especially by color people, have been the concern a number of researchers, such as (see, e.g. Uji, Miyazaki and Oda, 2012; Joshi, 2017; Kyofuusho, 2018; Martinez, 2008; Guerra, 2011; Martinez, 2016). All of those studies have similarities. They have the same topic that is anxiety but it impacted to color people, it happened to the same race such Japanese race humiliated another Japanese and etc. anxiety caused by the heightened levels of stress and emotion and in japan the level of stress is high due to their mind set of working, the researchers that concern about Japanese anxiety are, e.g. Uji, Miyazaki and Oda, (2012), Joshi (2017) Kyofusho (2018). The other researchers concern about Latin race such, e.g. Martinez (2008), Guerra (2011), Martinez (2016). Anxiety become the main determinants of health-related quality of life in Brazilian patients with Parkinson's disease.so in Brasilia anxiety caused by health the more they health they will not suffer anxiety. The result of those studies indicates that people of color experienced anxiety by another aspect

such health and stress. Those studies can be used by the researcher to complete the studies since the topic of the research is anxiety.

Studies on self defense mechanism as general have been the concern of a number of researchers (see e.g. Fadillah, 2018; Mahendra, 2014; Fuad, 2014; Dewantoro, 2014; Wahyuningtyas, 2015; Tenrisana, 2018; Nurtjahyo, 2016). The similarity of those study, they use the general terms of self defense mechanism that is to reveal the implementation of characters 'on literary work in solving the conflicts inside the literary work using Sigmund Freud theory of self defense mechanism. According to tenrisana, 2018, Defense mechanism is strategies the ego uses to defend itself against the anxiety provoked by conflicts. However, they have differential in each research. Some of them use structuralism approach that is using the character decision making as his/her self defense mechanism, such as e.g. Fadillah, (2018), Dewantoro (2014), Nurtjahyo (2016), Tenrisana (2018). The other researchers analyzing how courage and self defense have some bearing on personality of the main character, such as e.g. Mahendra (2014), Fuad (2014). Since those studies using self defense mechanism as strategies to defend itself against the anxiety provoked by conflicts, they could be some reference to the researcher study to solve the problem of anxiety in Disgrace novel that experienced by the major character on that novel.

Studies on self defense mechanism specifically to provide specific terms of defense mechanism have been the concern by, (e.g. Gershuny and Burrows, 1990; Hansen and Hansen, 1988; Davis, 1987; Hastriyawati, 2011). Those studies have similarity, they use implementation of characters' mechanisms in solving the conflict such as repression, rationalization, denial and suppression. However, they have differential in each researchers, the self-defense mechanisms exist at every level of characters' unconsciousness on the character that analyze by those researchers such as: repression, denial, rationalization, e.g.

Gershuny and Burrows (1990) Hansen and Hansen, (1988). And characters' consciousness become the object of another researchers main concern that is suppression, because this mechanism happens consciously, e.g. Davis (1987), Hastriyawati (2011). The other researchers use specific term of self defense mechanism that is to reveal the implementation of characters 'on literary work in solving the conflicts inside the literary work using Sigmund Freud theory of self defense mechanism, the results of those studies showed that self defense mechanism oftentimes relate to anxiety. Self defense mechanism found to be a linear function of the degree of crisis associated with the identity status or we can call it as anxiety. Those studies can be used by the researcher to complete the studies because self defense mechanism can solve the problem of anxiety in *Disgrace* novel that experienced by the major character on that novel.

Those study mentioned above are chosen as the previous study because they have the same topic that the researcher has. It helps the researcher in understanding well about how the theory can be applied in the literary work especially for anxiety and its defense mechanism that is happen to Lurie in the *Disgrace* novel. Same with the second research, the researcher also tries to apply Freud's theories in helping analyze the literary work especially in the novel *Disgrace*. By using the similar theory and different object, it is hoped to explain and describe concepts of anxiety and self defense mechanism from different perspective, thereby it has wide in term of psychological knowledge.

2.2 Review of Theoretical Study

This sub-chapter is about the explanation of the theories that will conduct this research. The researcher uses some theories to support the analysis such as, psychology in literature, psychoanalysis theory, the concept of anxiety, and the self defense mechanism. The explanation of the following theories in this chapter was used as references in analyzing the

problems of the study. Those theories were compared with the data found in the novel in order to get some results.

2.2.1 Psychology in Literature

Literary studies can be viewed by some aspects like economics, politics, religious, psychology and many others to investigate and study the phenomena of human life structured behind textual or writing forms. Psychology, for example, can be used to explain the psychological aspects attached in literary works such as characterization, psychological condition of the people, human behaviors, and According to Endraswara (2003:96), there are two basic assumptions saying that literature involves psychology for the literary research. First is that literary work is a psychological and thinking product of the writer gained from his/her subconscious experience and constructed clearly in a textual form in their conscious condition. Second, this research is to analyze the psychological characterization of the characters and the mind or feeling of the writer beyond the text in literary works. By using the psychological approach to literature, we can see many levels that may not be noticed while just reading a piece of literary work.

As the writer stated above, psychology in literature studies human's behavior. In this case, it is the character's behavior which exists in a literary work. This behavior can be of various kinds depending on our point of view; for example, anxiety of the character. It will give a great influence to the character since it is straightly related to the condition of the character's mind.

2.2.2 Psychoanalysis Theory

Psychoanalysis theory proposed by Freud divides personality into three parts, id, ego and superego. The first is the Id, the sole function of the Id is to provide for the immediate discharge of quantities of excitation (energy or tension) that are released in the organism by internal or external stimulation. This function of the Id fulfills the primordial or initial principle of life

which Freud called the pleasure principle (Hall, 1955: 22). The second is ego, that is the transaction between the person and the world require the formation of a new psychological system, the ego. The ego is governed by the reality principle. The aim of the reality principle is to postpone the discharge of energy until the actual object that will satisfy the need has been discovered or produced. The reality principle is served by a process which Freud called the secondary process because it is developed after and overlays the primary process of the Id (Hall, 1955: 28-29). The Third is Superego, that is the moral or judicial branch of personality. It represents the ideal rather than the real, and it strives for perfection rather than for reality or pleasure. The Superego is the person's moral code. It develops out of the ego as a consequence of the child's assimilation of his parent's standards regarding what is good and virtuous and what is bad and sinful (Hall, 1955: 31).

In this research, the writer uses psychoanalysis theory by Sigmund Freud because his theory fit to this research that will used to analyze the anxiety of the main character shows in the novel *Disgrace* which is make David Lurie as the major character. This research analyzes the anxiety and self defense mechanism so this theory is useful to analyze the characters in this novel psychologically. There are many texts and dialogues found in this novel that express David Lurie anxiety that is delivered by the writer to the reader.

2.2.3 The Concept of Psychoanalysis by Sigmund Freud.

There are three formal structural models for psychoanalysis, defined by the concepts of Id, Ego and Superego which refer to different aspect of people's functioning.

1. Id (Pleasure Principle)

The Id represents the biological basic center of humans. It is the source that drives our energy called the life & death instinct. The life instinct is called eros while the death instinct is called Thanatos. The life instinct is the motives of people to focus on seeking such as looking for food. While the death instinct is the instinct that spurs people to use aggressive urges to destroy.

It tends to be destructive. In the functioning, the Id seeks the release of pleasure principle, the pursuit of pleasure and the avoidance of pain. In operating this way, the Id seeks immediate, total release without reason, logic, values, moral or ethics.

Elizabeth Wright, in the book entitled *Psychoanalytic Criticism: A Reappraisal* (1998) explains:

Instinct-psychology (or id-psychology, as it came to be called) centres on the role of the sexual instincts as the determining force of an individual's life. In Freud's early topography of the mind, the dualistic one, the conscious and the preconscious are engaged in conflict with the unconscious – or, to put the contrast in terms of instinct – the ego-instincts, concerned with self-preservation and the need of relate to others, are in conflict with the sexual instincts as the dynamic core of the energies in the unconscious (the term "Id" had not yet been adopted by Freud).

From the explanation above, it can be conclude that the Id is "only an effort to comply the satisfaction of the instinctual needs. It is called as a pleasure principle.

Obviously, the id can be a socially destructive force. Unrestrained, it will aggressively seek to gratify its desires without any concern for law, customs, or values. It can even be self-destructive in its drive to have what it wants. In many ways It resembles the devil figure that appears in some theological and literary texts, because it offers strong temptation to take what we want without heeding normal restraints, taboos, or consequences (Dobie, 2015). In other words, the Id is instinctual thinking process which is selfish and sometimes has no comprehension of reality.

2. Superego (Morality Principle)

Superego represents the moral branch of our functioning, containing the deal we strive for and the punishing (guilt) we expect we have gone against our ethical code. This structure functions to control behavior in accordance with the rule of secret. Offering rewards (pride) for "good" behavior and punishment for "bad" behavior depending on circumstances (Buck:1976).

However, Ann B. Dobie (1976) states that the superego almost seems to be outside of the self, making moral judgments, telling us to make sacrifices for good causes even though self-sacrifice may not be quite logical or rational. And, in a sense, the superego is "outside," since much of what it tells us to do or think we have learned from our parents, our schools, or our religious institutions.

In the other hand, Wright (1998) conveys that the third part of the psyche, the superego, provides additional balance to the id for it furnishes a sense of guilt for behavior that breaks the rules given by parents to the young child. Similar to what is commonly known as one's conscience, it operates according to the morality principle, for it provides the sense of moral and ethical wrong doing. Although parents, who enforce their values through punishments and rewards, are the chief source of the superego, it is expanded by institutions and other influences later in life. Consequently, it works against the drive of the id and represses socially unacceptable desires back into the unconscious. Balance between the license of the id and the restrictions of the superego produces the healthy personality, but when unconscious guilt becomes overwhelming, the individual can be said to be suffering from a guilt complex. When the superego is too strong, it can lead to unhappiness and dissatisfaction with the self.

From those explanation above, the writer can conclude that the superego is the controller of the instinctual needs or the Id. Its functions are to control the impulse of instinctual needs and convince the Id to turn to moralistic goals.

3. Ego (Reality Principle)

The ego seeks reality. The function of ego is to express and satisfy the desires of the Id in accordance with reality and the demands of Superego. It operates according to the reality principle. The gratification of the most excitement can be obtained with the least pain of negative consequences.

Elizabeth Wright (1998) conveys that to prevent the chaos that would result if the id went untamed, other parts of the psyche must balance its passions. The ego, which operates according to the reality principle, is one such regulating agency. Its function is to make the id's energies non-destructive by postponing them or diverting them into socially acceptable actions, sometimes by finding an appropriate time for gratifying them. Although it is for the most part unconscious, the ego is the closest of the three parts of the psyche to what we think of as consciousness, for it mediates between our inner selves and the outer world. Nevertheless, it is not directly approachable. We come closest to knowing it when it is relaxed by hypnosis, sleep, or unintentional slips of the tongue. Dreams, then, become an important means of our knowing what is hidden about ourselves from ourselves. From what Wright conveys, it can be seen that the ego, called as a reality principle, works out realistic ways to satisfy the instinctual needs (the Id), by putting off the satisfaction in order to avoid the negative consequences of society.

2.2.4 Anxiety

Anxiety becomes one of the important themes in Freud's point of view. Anxiety is something that could make someone having the mental disturbance or mental disorder. It is an obvious thing that everyone is having anxiety, for example when we have an exam or when we tell about our feeling. According to Freud, "Anxiety is a one of the most important concepts in psychoanalysis theory. It plays an important role in the development of personality as well as in the dynamics of personality functioning" (in Hall, 1956:61).

Anxiety is a part of someone's personality. Anxiety sometimes appears from the inner self. Anxiety could be categorized as excessive fear. Anxiety itself gives a bad effect to the patient because anxiety is a negative energy inside of someone. According to Hall, Anxiety is a painful emotional experience which is produced by excitations in the internal organs of the body (1956:61). Nevid defines anxiety as a condition where the sufferer becomes worried and complains about something bad that is about to happen. Anxiety has a conscious side like fear,

surprised feeling, disability, guilt, and insecurity. Anxiety also has an unconscious and absurd side, like when someone is afraid of something without any reason (2005:163).

From the explanation above, it can be concluded that anxiety is a process where the emotion is mixed up whenever someone is under pressure or conflict. Those feelings are filled by fear and worry of the future without any specific reason of those fears. Freud differentiated three types of anxiety, reality anxiety, neurotic anxiety and moral anxiety (in Hall, 1956:62).

2.2.3.1. Types of anxiety

Based on Freud theory, there are three types of anxiety; neurotic anxiety, moral anxiety and realistic anxiety.

1. Neurotic anxiety

Neurotic anxiety is defined as apprehension about an unknown danger. In neurotic anxiety, the ego depends on id because it can only produce anxiety. This anxiety appears when there is dependence ego to the id. It is a kind of frightening feeling about id or instinct which cannot be controlled (Corey, 2010:17). According to Hall, neurotic anxiety has three forms. The first form is the kind of person who has bad thoughts about the environment that something terrible will happened. The second form is phobia. Phobia is an extensive fear of an object. The fear of the object is superior compares to the actual danger that the object may bring. The third form of neurotic anxiety is panic or near-panic reaction. Panic reaction can be functioned to channel the excessive painful neurotic anxiety by doing what the id demands, ignoring the ego and the superego. Panic reaction is an extreme reaction, but it is rarely done by someone. It is somethings that is out of someone's usual character (in Yuri,2009:7). Generally, someone who feels this anxiety will worry of something that unrealistic and unknown, he does not know about what his frightened is.

2. Moral anxiety

This anxiety comes from conflict between ego and superego. It is constituted as worried of something that comes from heart voice (Berry, 2000; 78). When someone is motivated to express instinctual impulse or has done something that contradictory with moral value of superego, it makes him feels so shame and guilt. It is said that what id wants and what ego does is conflicting with what superego's pretension, looking at that imperfect thing then superego will produce a guilt emotion in someone's feeling. Briefly, moral anxiety can be seen by someone's guilt emotion or shame.

3. Realistic anxiety

Reality anxiety is a painful emotional experience resulting from a perception of danger in the external world. The ego depends on the outer world in neurotic anxiety. The outer world leads the ego to realistic anxiety. A danger is any condition of the environment which threatens to harm the person. When one can do nothing to fend off the danger, anxiety mounts to the point where the person collapses or faints. Fear has even been known to kill a person and the ego has other ways of dealing with anxiety (Hall, 1956:63). Sometimes we do not notice that we always feel the anxiety. This anxiety is real when something is about to happen. It becomes anxiety when we think that something will happen in the future. That is why realistic anxiety is good when it comes to anticipate the bad things in the future. For example, when we see a dog barking; maybe we feel worried that the dog will chase us or bite us, or when we are worried about our marriage in the future. That is when we feel the realistic anxiety because of future threats that can be considered a real threat.

2.2.3.2. Causes of Anxiety

Deffen Bacher and Hazaleus (Register, 1991:100) argues that the causes of anxiety are 1). Worry, it is a negative thinking about his self. It is like when a person has negative feeling of

his attitude is not better than his friends. 2). Emotionality, it is a reaction for his self toward autonomy nerve stimulus like the heartbeat, cold sweat, and tight. 3). the obstacles and obstructions for finishing task is a tendency which is experienced by someone that makes him being oppressed because of task rational thinking.

Freud has explained that the term of anxiety can be classified because of the conflict between Ego and Superego, yet, problems outside also have a big role in producing anxiety, it can be a threat, environment, repression, frustration, gender, fear, response, age, and desire conflict. in this case, the character in this novel also have problems outside which cause her has a conflict between his Ego and Superego that bring him so guilty (Freud, 1964).

1. Threat

The awareness of the treat that will happen to his self physically or physic. This threat can be from the inside feeling of person or it can be from the outside person. From the inside feeling is like when there is a kid who has watched horror movies that is not his time to see it in his age it makes him feel the horror movies that have been seen by him is seemingly happen, although, it is only his worry. From the inside person is like when there is person who feels there is danger comes like when he is alone in his home and he is scary if there is thief comes to his home then kill him (Adler and Rodman, 1991:50).

2. Environment

The condition of environment makes a person influences his life, especially: the attitude and behavior. Such as: a person who lives in upper class environment will have different behavior and attitude from a person who lives in proletariat class. This difference makes the difference in the way he solves his problems (Baso, 2000: 6)

3. Repression

Human is social creature. He needs to socialize with the other people. In making communication it is not easy. Sometimes they will misunderstand about something. This condition makes there is violence that is done by some people. Like when there is a person who feels he is stronger, smarter, more reach, than the other they will use their authority to torture the other person. It can happen when he is envious with the other person who has a better life than him Experience (Adler & Roman, 1974:1 25)

4. Frustration

All of human live for fulfilling their necessities. They can be a good fancy or a bad desire. When they can have what they want, they will be satisfied. On the contrary, when they cannot fulfill them, they will be upset. This sadness can put them in to frustration. This condition will experience since they are children until they are adult. If this condition is not handled soon, they will be in acute anxiety (Myers 1983:190).

5. Gender

Related to the men and women anxious, Myers (1983) in Trismiati (2006) said that women are more anxious in her inability than men. Men are more active, explorative, and women are more sensitive. Another research shows that men are more relax than women (Notoatmodjo, 2003:180).

6. Fear

A fear of something will cause anxiety. Such as: a fear of failing the examination, fear of breaking the rules, etc. moreover, a fear without reason will cause an acute anxiety (Myers,1983:100).

7. Age

A person who is getting old will have many experiences. Therefore, his knowledge increases. Because his knowledge increases, a person will be more ready to face something (Notoatmodjo, 2003:150).

8. Desire Conflict

There is conflict between approach desires with avoidance desire. Approach gives the satisfied feeling. Avoidance gives unsatisfied feeling. There are three kinds of desire conflict: 1). the conflict between approach and approach. This conflict appears because there is the similar satisfied feeling that cannot be done together then it causes anxiety. 2). The conflict between approach and avoidance. The desire for doing something is the same with the desire for avoiding something. 3). The conflict between avoidance and avoidance. The conflict which is caused by two choices will have the result to do not do something (Myers 1983:120).

2.2.5 Self Defense Mechanism

Freud believes that, as cited in Minderop (2011: 28), anxiety as a product of unconscious conflict is caused by the conflict between Id pulses and defense of ego and superego. Most of the pulses threaten an individual and are caused by personal values conflict or being different against public values. For example, unpleasant feeling of a child toward his parents is against the must of a child loving his parents. Confessing the real feeling will lead to an anxiety for the child because it will deconstruct the self-concept of the child as a nice child and threaten his position since he will be lost love and support from his parents. When he is angry, the anxiety will appear as a danger sign. Therefore, he has to do maneuver by self-defense mechanism.

A self defense mechanism, according to Freud, is when a drive or a feeling is shifted to a substitute object, one that psychologically more available. For example, aggressive impulses may be displaced, as in scapegoating, upon people (or even inanimate objects) who are not sources of frustration but are safer in attack (Minderop, 2011: 29).

There are many kinds of self defense mechanism that can be done by human beings in life. These explanations below will describe about the kinds of self defense mechanism according to Freud's perspective.

1. Denial

Denial is defense mechanism which usually appears to reject admiring a stimulus that makes anxiety (Baumeister, Dale & Sommer, 1998). Denial is relevant with repression, but in this manner, the person who is to be concerned does not want to accept the reality. It can be accepted as a mechanism in a short time. But it also can be dangerous if the situation never can be faced gratify. However, sometimes it appears to adult people who feel stress or heavy pain when they usually ignore the aspects of a situation; for example: there is someone who said to his friends that a great conflict between his couple only a simple conflict (Abrams, 1979: 80).

2. Projection

In this defense, someone who feels an anxiety, his ego will reduce the worry by shifting unpleasant feeling to external object and usually it is aimed at someone else (Baumeister & Sommer, 1998 :1090). Someone who does this mechanism, his ego will throw any bad characteristic which cannot be accepted by superego and crimate it to other people. In other word, will charge our fault against somebody else in order to assume that we are unsuspected about what we have done before and also to make ourselves seems better. By suggesting that other people have the fault, it becomes more acceptable and less anxiety provoking (Kalat, 2005: 497).

3. Rationalization

Rationalization is one of defense mechanisms that is used by a person by giving a plausible reason to excuse his or her action (Freud Schultz, 2009: 62). This defense mechanism is a form of producing some motives which seems rational as a social justification toward the attitudes that cannot be received this rationalization occurs when someone has failure in serving his

need, impulse or desirability and he makes kind rational reason that can be accepted but actually that reason is not the real reason.

4. Intellectualization

Intellectualization is the overemphasis on thinking when confronted with an unacceptable impulse, situation, or behavior without employing any emotions whatsoever to help mediate and place the thoughts into an emotional, human context. Rather than deal with the painful associated emotions, a person might employ intellectualization to distance themselves from the impulse, event or behavior.

5. Aggression

Anger has close relation with the appearance of worry, anxiety emotion in which all of them can refer to the regression acts. According to Freud, aggression can be divided into two types, they are; direct aggression and displacement aggression. Direct aggression is aggression or action that aimed directly to the object that causes emotion or anxiety, while displacement aggression is aggression that aimed another object except the true object. This happens because someone who does displacement cannot express his emotion to the true object therefore then he expresses to other object that assumed as a safe object to attack, normally it happens to the things or animal around sufferer or even to his self (Albertine, 2010: 38).

Freud in alwison states that there are five types of aggression mechanism, they are: primitive aggression (by attacking directly to the object that causes anxiety or emotion), scapegoating (by displacing to the other object and usually it done to something around), free-floating-anger (unclear object of frustration), suicide (biting into own self), turning around upon the self. (2009 :27)

6. Suppression

Suppression is incapability condition for remembering situation or person or scary event. When Ego is threatened by Id which is not intended, Ego will protect himself with representing that

stimulus by forcing the threatened feeling in subconscious condition. In repression, the longing will be released from consciousness condition (Freud 1926/1959a). It is like traumatic memory and threatened condition which has threatened individual then he buries it in his subconscious and saves it in his mind. It is playing most of role in the other defense mechanisms which needs releasing constant energy to defend a dangerous situation in the outside subconscious. Freud for the first time recognizes this defense mechanism in his therapy. Then, when he has done the therapy for some weeks and months to his patients, they will recall their traumatic experiences from their past which are absolutely in their mind. Their past traumatic experiences are in the outside of their conscious. Freud argues that in the beginning they will undergo those experiences consciously, and then because of those experiences are very traumatic, they will press it. According to Freud these traumatic experiences are an enough proof to build the reality of repression. Most of them disposed to press the experiences which cannot be accepted by them (Adler & Roman, 1991: 45).

7. Displacement

Displacement is converting the objective fear or subconscious desire of somebody or converting unhappy feeling of the object to the other object which is more possible. An example, there are negative impulses which are replaced as a patsy for a person or the other objects which they are not a frustration source, while it will be more safety as a target. For example: there is a guy who beats his wife or kicks his dog after being embarrassed by his boss. Placing his wrathfulness to his dog signs that there is feeling to kill his boss which is not appropriate and then he releases his anger to his poor dog. It can be called as hydraulic displacement model; it is an explanation for oppressed feeling which piles up like a vapor in kettle and it must be released (Abrams, 1979: 70).

According to Krech, cited in Minderop (2011: 31), in personality theory, defense mechanisms are highly pervasive characteristics of the individual. They not only reflect his

general personality, but also, in an important sense, may influence the course of its development. The failure of this mechanism to fulfill their defensive functions contributes to mental disorder. Moreover, the quality of the disorder may mirror the person's characteristic defense mechanism.

According to Freud, desires conflicting each other lead to an anxiety. For example, when ego restrains a desire to achieve pleasure from Id, an anxiety inside will be felt. This spread and leads to an uncomfortable condition when ego feels that id can make an annoyance for an individual. The anxiety anticipates ego to control the conflict by defense mechanism of ego, protecting ego while reducing the anxiety produced by the conflict.

In this study, however, the researcher focused not on how Id, ego and superego operate, but on how the main character found something else as an ego defense mechanism when there is an anxiety. In other words, the study did not explain systematically of how Id, ego and superego worked when the anxiety was produced, but practically of how the main character defends himself when he was attacked by the anxiety.

2.3 Theoretical Framework

Below is how the theoretical framework of the study is figured. Theoretical framework is a series of researcher's thought from the beginning to the end of the study. Using this theoretical framework, the researcher tried to find a study. This research concerns about how the anxiety appear in the novel and what the impact to the major character psychology. As this study discusses about anxiety, this study uses psychoanalytic approach with Sigmund Freud on psychology definition as the reference of the theory.

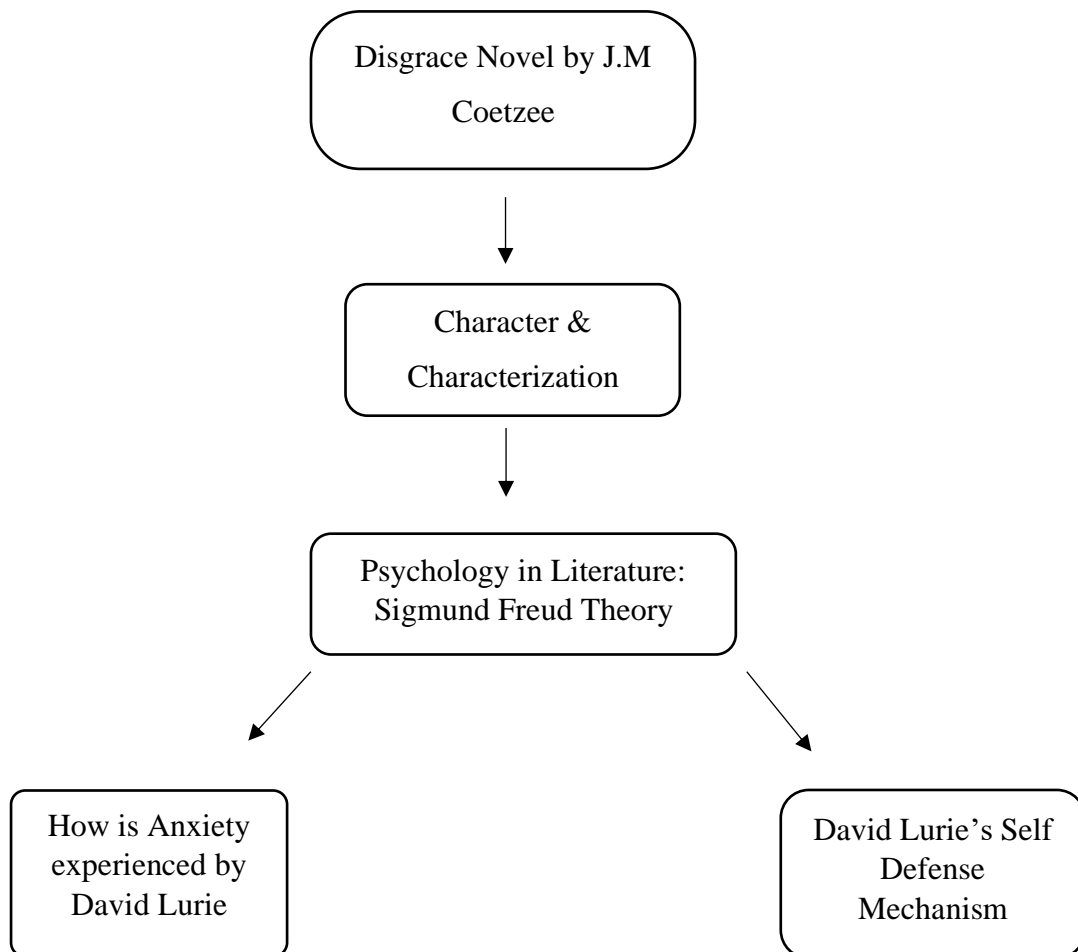


Figure 2.1 Theoretical Framework

From the diagram above the researcher wants to explain that the first table the researcher conducts to read and interpret the *Disgrace* novel and then find the character that be analyzed and enlighten the characterization of the major character. The next table show that the researcher using Sigmund Freud theory to expose the problem on the *Disgrace* novel and reveal kinds of anxiety and its affect towards the major character life in *Disgrace* novel. Then Using Freud Theory, the researcher reveals how the main character defended himself against anxiety. What I meant here is what the main character did in order to handle his anxiety and defend himself using self defense mechanism.

CHAPTER V

CONCLUSIONS AND SUGGESTION

In this chapter, there are two parts that are described. The first is the conclusion of the study. The conclusion presents the answers or results of statements of the problem in the study which are mentioned in the previous chapter of the study. The second part of this chapter is the suggestions for future researchers.

5.1 Conclusions

Based on the analysis in chapter four before, the several conclusions can be found in the following paragraph:

The anxiety disorders experienced by the major character as reflected in the novel *Disgrace* can be seen from the analysis. The major character on *Disgrace* is David Lurie 52 years old men. He still actives playing with whore, his woman colleague, friend, and finally with his student. Moreover, he married twice and divorced. Playing woman is a hobby because his condition in the past. But, in his 52, suddenly his charisma is lost and suffering anxiety because these problems. Another anxiety caused by much bigger issues after David move to Salem that is a remote area in Africa. David and his daughter Lucy are attacked by three intruders. David puts himself into a real gloom. David has unhealthy personalities because of these problems. Thus, David experiences three kinds of anxiety disorders called neurotic anxiety, reality anxiety, and morality anxiety, but David suffering reality and moral anxiety the most through his life.

The researcher proves that the novel *Disgrace* describes a reflection of psychological phenomenon in reality, it is showed by the character's behavior and feeling which are closely attached to their psyche condition. David Lurie has a conflict between his ego and superego

which concludes reality anxiety that always feels worried and threatened. David reality anxiety comes from the reality that he facing in Salem where his daughter lives. David the reality that Salem is a dangerous area proved when he was attacked by three intruders. He does not daydream it once, it happens lively. His imagination brings him to the colonial era where black people colonialized by white people but now the reality, he is attacked by black people is an event he cannot denied. David reality anxiety causes by the environment, fear and repression.

David moral anxiety comes from the conflict between his desires as id and his moral values as superego. The conflict creates guilty feelings because he feels guilty that he thinks something that is contrary to the moral code as a professor and as father in his live. David moral anxiety causes by the matter of his age that is 52 years old, as a 52 years old professor and a father he is doing something that is contrary to his age such as having affair with his student and he can't be the guidance of his daughter. This anxiety creates painful feelings. David has a conflict between her Ego and Superego. His Superego feels that what has been done by Ego cause him into the court of committee where he works. That conflict makes him make a bad decision which surely brings him in moral anxiety.

From the kinds of anxiety experienced by David, it is caused by many problems outside such as threat, environment, repression, frustration gender, age, fear and desire conflict. To reduce those anxiety David using different defense mechanism to cope with his anxiety. The self defense mechanism that used by David to release his anxiety are reaction formation, displacement, denial, projection, Intellectualization, rationalization, aggression and suppression.

5.2 Suggestions

According to the analysis and conclusion of the study, there are some suggestions presented for the future researchers and educators.

In this research, the researcher only focuses on the intrinsic element of the novel exactly psychological aspect. After understanding the content of the novel, the researcher here just already known that there are many other phenomena, they are masculinity, hatred and moral values. Remembering that this research only bounded to one of the main characters who has chronicle anxiety, thereby the next researcher is expected to be able to analyze more than one character in this novel. Moreover, due to the fact of anxiety and self defense mechanism's employment in human life, hence the researcher suggests for the next researcher to investigate character's anxiety and self defense mechanisms reflected in other literary works. It can be applied by Freud's theory or other theories. By doing that, it is expected to give more understanding about the concept of anxiety and self defenses mechanism done in human life and can be useful for the readers in reducing their anxiety.

The researcher suggests to the readers to read this novel because it has an unpredictable story that will give lessons to them to solve their problems especially their anxiety problem. The researcher hopes that this research will help the readers to understand the novel. Moreover, for the conflicts that appears in this novel. In addition, the researcher thinks this research will be beneficial for the next researchers to do their research.

The researcher using the novel entitled *Disgrace*, to suggests the educators can engage students for learning about anxiety disorders, the cause of it, self defense and moral values based on the novel because it contains several moral values and life lessons. Furthermore, for the teachers, it can be used as the object of the study. Specifically, for the English Lecturers, it can be used as the object of the study for several subjects such as. Introduction to Literatures,

Prose Analysis, and Book Report and Review because the novel entitled *Disgrace* also contains of life lessons that happen in Africa after colonialism.

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