ANXIETY AND DEFENSE MECHANISM OF ANNE FRANK AS DEPICTED IN DIARY OF A YOUNG GIRL

THESIS

Submitted as Partial Fulfillment of the Requirements for the Bachelor Degree of English Department Faculty of Arts and Humanities University of Sunan Ampel Surabaya



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ABSTRACT

Riawandono, One Ivonda. *Anxiety and Defense Mechanism of Anne Frank as Depicted in Diary of A Young Girl.* Thesis. English Department. Faculty of Arts and Humanities. State Islamic University Sunan Ampel Surabaya. 2018

Advisor: Abu Fanani, M.Pd

This thesis is entitled Anxiety and Defense Mechanism of Anne Frank as Depicted in Diary of A Young Girl. This research aims to describe type and factors of anxiety that is suffered by Anne Frank and to explain the defense mechanism as a strategy to reduce her anxiety. This research applies psychoanalysis theory by Sigmund Freud to analyze the anxiety and defense mechanism that appear in Anne Frank's character.

The research uses a qualitative method. The researcher explains the analysis by categorizing the data, making some list about anxious events, find the defense mechanisms and analyzing the data

From the analysis, it can be concluded that Anne suffers all type of anxiety. They are, neurotic anxiety, moral anxiety and reality anxiety. Finally, to cope Anne's anxious feeling, Anne uses four types of defense mechanisms. They are, displacement, projection, rationalization, and fantasy.

Keyword: Anxiety, Defense Mechanism and Diary of A Young Girl

INTISARI

Riawandono, One Ivonda. *Anxiety and Defense Mechanism of Anne Frank as Depicted in Diary of A Young Girl.* Thesis. English Department. Faculty of Arts and Humanities. State Islamic University Sunan Ampel Surabaya. 2018

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Skripsi ini berjudul *Anxiety and Defense Mechanism of Anne Frank as Depicted in Diary of A Young Girl*. Penelitian ini bertujuan untuk mendeskipsikan tipe dan faktor dari kecemasan yang digunakan Anne Frank dan juga untuk menjelaskan mekanisme pertahanan sebagai strategi untuk mengurangi rasa kecemasan pada Anne. Teori ini menggunakan teori psikoanalisa oleh Sigmund Freud untuk menganalisa kecamasan dan mekanisme pertahanan yang dialami oleh Anne Frank

Penelitian ini menggunakan metode kualitatif untuk menganalisa data. Sedangkan teknik pemaparan yang digunakan adalah : menggolongkan data, membuat daftar tentang kejadian-kejadian kecemasan, mencari mekanisme pertahanan dan menganalisis data.

Dari analisis yang di dapat, penelitian ini merangkum bahwa Anne Frank menderita semua tipe-tipe kecemasan yaitu, neurotic, moral dan realistic. Terakhir, untuk mengatasi perasaan cemas Anne, dia menggunakan empat mekasnisme pertahanan. Mekanisme itu adalah pemindahan, proyeksi, rasionalisasi dan fantasi.

Kata Kunci: Kecemasan, Mekanisme Pertahanan, Diary of A Young Girl

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CHAPTER I

INTRODUCTION

1.1 Background of Study

Human life is reflected in literature. Language and human are mutually connected one another and it cannot be separated from the meaning of literature itself. In literary work, human is drawn as one of an object of literature. Thus, the components of literary work with human as an object cannot be separated from life events and the way human behaves.

Human behaviour has a close relationship with the psychological aspect of the human himself.. Ratna stated that literary work is known as a result of the author's activity which is always related with humans psychological symptoms. Such as an obsession, contemplation, compensation, sublimation, even as a neuro's activity (62). Passer also stated that psychology is the scientific study of behaviour and the mind (3). So, the psychological aspects of human creates relationship between literature and psychology.

According to Freud, the psychoanalytic aspect emphasis the importance of understanding that each individual is different has different character that build up their personality. There are factors outside of a person's recognition they are, unconscious thoughts, feelings and experiences which influence his or her thoughts and actions. He also divided three elements of human personality known as the id, the ego and superego. According to Freud's id, ego and superego have

always controlled the inner nature of the individual. Among the various aspects of the conflict happens in id, ego and super-ego it can led a individual's feeling to the emergence of anxiety (King 128)

Under the pressure of anxiety, the ego is sometimes forced to take extreme measures to relieve the pressure. These measures are called defense mechanism. In general, defense mechanism serves the useful purpose of defending the ego against the pain of anxiety. The establishment and the maintenance of defense mechanism require a consist expenditure of energy any person who elaborates them has little psychic energy left to satisfy id impulses. Defense mechanism deals directly with instinctual demands and to defense itself against the anxiety (Feist 33).

Psychological analysis is about analyzing a person's behavior by their psychological point of view. In this study, the researcher will analyze the psychological aspect of anxiety that is suffered by Anne Frank in *Diary of A Young Girl* and the defense mechanism she uses in ways to cope with her anxiety.

The researcher chooses *Diary of A Young Girl* as a material object. *Diary of A Young girl* also known as *The Diary of Anne Frank*. It is a memoir of the writings from the Dutch language diary kept by Anne Frank while she was hiding for two years with her family during the Nazi occupation in Netherlands. Annelies Marie Frank was born on June 12, 1929 in Frankfurt, Germany. She was the second daughter of Otto Frank and Edith Frank-Hollander. Her sister Margot was three years older than Anne. The family was Jewish and German. The Frank and

Hollander families had lived in Germany before they moved to the hiding place. At the beginning of 1933, the Nazi party came to power in Germany, Hitler was responsible for the government. There was a discrimination for Jewish which makes Anne's parents no longer felt safe. Otto and Edith Frank decided to leave Germany and moved to Amsterdam where they go into the hiding.

The Frank family felt free and safe, until the German Army invaded Netherland on May 1940 when the Netherlands occupation also began. The family eventually forced to hide in the back of the bookcase where Anne's father worked. On July 30 the Van Daan family Mr. Van Daan, Mr Pels and their son Peter Van Daan also join Frank family in the hiding place, it is known as *Secret Annex*. They managed to hide there for two years before they were taken to concentration camps. The Diary of Anne found scattered on the floor when the family were taken to the camp. Only Anne's father, Otto Frank survived the camp.

The researcher is interested to analyze the diary book because in *Diary of A Young Girl*, Anne Frank shows many psychological problems in shape of anxiety. Anne Frank shows worry, panic, fear under the circumtances of the live she has to undergone. By looking at the problems found above, The researcher wants to analyze the psychological aspect focusing on the Anxiety and defense mechanism of Anne Frank in *Diary of A Young Girl* using Psychoanalysis.

1.2 Statement of Problem

This section states unambigous questions that the research is designed to answer:

- 1. What are the types of Anne Frank anxiety?
- 2. What are the factors of Anne Frank anxiety?
- 3. What kinds of defense mechanism used by Anne to overcome her anxiety?

1.3 Objective of Study

In relation to the problems mentioned above, the objectives of this study aimed at finding out :

- 1. To mention about the types of Anne Frank's anxiety
- 2. To mention factors of Anne Frank anxiety
- 3. To mention the kinds of defense mechanism used to overcome Anne Frank's anxiety

1.4 Scope and Limitation

The scope of this study is to discuss about the main character in the *Diary* of A Young Girl. This research aimed to discuss about the types and factors of Anne Frank's anxiety and how she copes the anxiety with defense mechanism. To avoid broader analysis, the writer will focus on Anne Frank as the main character in "The Diary of a Young Girl"

1.5 Significance of Study

Through this research the writer hopes that the study will give benefit to the readers and the researcher herself in understanding Sigmund Freud theory in literary works. Furthermore, the researcher hopes that this research can be a reference to the reader who is interested in using Psychoanalysis theory. The

researcher expects that this research can be a helpful reference to the readers in finding out how anxiety and defense mechanism is presented in literary works. The result of the research is hoped to give inspiration to the next researcher who would also interested in studying literature, spesifically on the psychological aspect. The researcher also expect that this thesis will give contribution to the readers in appreciating the literary work especially to *Diary of A Young Girl*.

1.6 Method of the Study

This research methodology comprises by many aspects such as research design, data source, data collect data analysis.

1.6.1 Research Design

Based on the statement of the problem and the significance of the study above, the method that is applied in this study is descriptive qualitative. This study uses library and online researches in the process of collecting the data. The main source is the book itself. In supporting more result of the study the researcher also collected the data from article, journal, and the related studies from library or the internet.

1.6.2 Data Source

The data used is a primary written data. Primary written data is collected from the main source, in this case, the data is taken from the diary book *Diary of a Young Girl*. The writer will use source of data as material in completing the research. First, the data includes important data source in this research of analysis is the text of the diary book *Diary of a Young Girl*. The data are taken and

concluded by qouting the phrases, paragraph, and dialogues in the diary that related with statement of problem. Second, data such as books, internet sources that related with the theory of Sigmund Freud to support the result and findings of the research.

1.6.3 Data Collection

The method of collecting the data was library research method. Sence the data were primary written data, the study was done by these following techniques:

- 1.6.3.1.The researcher focus and read the book carefully.
- 1.6.3.2. Selecting and collecting data to find the types of anxiety and defense mechanism of Anne Frank found Diary of a Young Girl.
- 1.6.3.3. Reading references that is related and support the research problems.

1.6.4 Data Analysis

In this research, the researcher uses decriptive qualitative analysis. The data are analyzed desciptively by using the theory of psychoanalysis by Sigmund Freud. After the data are sorted, there are some step that the researcher does in the proceess of data analysis.

- 1.6.4.1. Analyzing the data collected from *Diary of a Young Girl* about Anne Frank's anxiety using Psychoanalysis theory focusing in theory of Anxiety
- 1.6.4.2. Analyzing the data about factors that cause Anne Frank's anxiety.

- 1.6.4.3. Analyzing the defense mechanism that Anne Franks show using theory of defense mechanism
- 1.6.4.4. Making conclusion based on the result of data analysis

1.7 Definition of Key Terms

In this section the researcher is going to give more information to help the readers comprehend what will be discussed in this paper, the researcher will give an explanation related with the term, such as:

: A diary is a record, originally in handwritten
with discrete entries of a day or other period. A
personal diary may include a person's experiences,
and/or thoughts or feelings, including comments on

experience (Brittanica.com)

Anxiety : A feeling of worry, nervousness, or unease,

typically about an imminent event or something

current status events outside the writer's direct

which they all can be felt in different level (Hilgard

et al 212)

Defense Mechanism : Defense mechanisms are a set of system that tries

to distort reality to cope with anxiety (Adams 187)

CHAPTER II

LITERARY REVIEW

2.1 Theoritical Framework

In analyzing this research, researcher uses psychoanalysis theory by sigmund Freud. The researcher analyzes about the psychoanalysis of Anne Frank as seen in *Diary of A Young Girl*, especially in the way how she copes her anxieties with defense mechanism.

The applications of those theories will helps the writer makes a deep and logical analysis and finally will make the writer achieve the purpose of the research.

2.1.1 Psychoanalysis

Freud's idea about personality's theory comes from his personal experiences with his neurotic patients. According to him, most of action and feeling which is expressed by his patient is impossible from their conscious, but it is from subconscious. He thinks that subconscious is a determining factor which is very important and dynamic. He divides the existence of soul to three parts; conscious, preconscious and subconscious (Hilgard et all 90).

The content of subconscious is encouragements, longings, feelings, attitudes, thinking or instinct which is under controlled by desires. It can be pulled if it is in conscious condition and it is not tied by logical laws. It also can be restricted by time and place. Subconscious stimulates the biggest part of human

feeling and action. Freud said that the existence of subconscious can be proved indirectly. According to him, subconscious is the explanation of the meaning of dream, mispronunciation and the kinds of forget. He also believes that childhood experiences can appear in adult dreams; moreover, the dreamer cannot remember it consciously (Adler and Rodman 25).

Not all those subconscious process appear from childhood experiences. Freud believes that most of our subconscious is from our ancestor experiences which have been bequeathed in the first generation to the next generation through repetition process. As stated in *Freud: Psychoanalysis* It is called as phylogenetic endowment (64). Subconscious is not inactive. The stimulus of subconscious always tries hard to be realized. And most of them can go inside to the conscious. For example: the angry feeling of a child to his father can wrap up in fondness shape superfluously when it is not concealed. This angry feeling will make child feels anxious. Therefore, his subconscious motivates him to express it through his much love and flattery. In order to make that hidden feeling to be successful to play trick on that person, that feeling will appear in the different shape with the true feeling, but it always appears in superfluously shape and full of pretense (Hilgard et all 400).

Preconscious contains all of the elements of subconscious, but it can appear in conscious. This preconscious consists of two sources, firstly; perception. What is represented by people consciously in the short time will go inside to subconscious in the short time. Then it will continue to the conscious while the focus moves to the other focuses. The stimulus which can enter and exit to the

conscious and subconscious is the stimulus which is freed from anxiety. The second source of conscious is subconscious. Freud argues that impulse can slip away from the tight censor and go inside to the subconscious which become a hidden shape. We never realize these stimuli because when we realize them are from subconscious we will feel more anxious. Therefore, the final censor will work to press these situations that affect the anxiety feeling to come back to subconscious, while the other stimulus which is from conscious can come inside to subconscious because they have been concealed in the different shape like dream, mispronunciation, or it can be as strong defense mechanisms (Abrams 80).

According to Freud, the role of conscious is not quietly important in psychoanalysis. Conscious is defined as mental elements which are always in consciousness. There are two doors in conscious which can be skipped by stimulus. First, it can be through conscious perceptual system and it can be opened for the outside of the world and has function as intermediary as our perception from the outside stimulus. In the other word, everything that have been felt from our senses and have not been considered as threat can come inside to conscious. The second source of conscious comes from the outside stimulus but it is still in conscious condition which is not considered as threat or it comes from subconscious condition which can make anxiety condition. When it comes to the conscious, it will change their shape to defensive action or in the dream (Hilgard et all 450).

2.1.2 Structural Personalities

By using Freud's theory, the personality structure which contains id, ego and supergo will be presented. .

According to Freud in *Theory of Personality*, the Id is the original system of the personality. It is the deepest part of the unconscious mind that represents the most basic natural human needs and emotions such as hunger, anger, pain, and the wish for pleasure. The id is the only component of personality that is present from birth. This aspect of personality is entirely unconscious and includes of the instinctive and primitive behaviors (19). The id is driven by the pleasure principle, which strives for immediate gratification of all desires, wants, and needs. If these needs are not satisfied immediately, the result is a state anxiety or tension. The id is a dark, inaccessible area, seething with instinctive urges and its only reality is its own selfish needs. According to Snowden (104), the id is unsystematic and illogical from its nature, and much contents in the id is negative and selfish. It can make no value judgments and is completely unethical. Because it is not logical, it ignores basic rational rules such as time and space two command processes is organized by id. Those are, reflex action and primary process. Reflex action is the automatic reaction meanwhile primary process involves psychological reaction.

On the other hand, Snowden concludes the explanation of the ego by Freud is that this theory is the part of the mind that reacts to external reality and which a person thinks of as the 'self'. The ego is also where consciousness come from although not all of its functions are carried out consciously. Other influential

elaborations of this theory are it is practical and rational, involved in decision making and anxiety as says later by the author, arise from this theory. This is seen as a mechanism to warn us that there is a weakness somewhere in the Ego (105)

Based on Freud's theories, the super-ego gives us our sense of what is right and wrong. It is the parts of our minds which causes us to feel guilty when when we do somehting wrong. It works as a moral code. Super ego holds all of our internalized moral standards and ideals that we acquire from society. The superego provides guidelines for making judgments. Snowden stated that the other work of this theory is that it monitors our behavior and controls what is acceptable and what is not (106)

2.1.3 Theory of Anxiety

Freud divides anxiety based on which part of our mind that creates the anxiety. It is divided according to which part of our minds provide the signal to the danger. Freud in *Hall* stated that anxiety is a signal to the ego to tell that the danger is coming. The anxiety warms the ego to do something in order to prevent the danger that is coming to harm the ego (47).

Furthermore, freud divides anxiety into three parts based on the source from the id,ego and super ego.

2.1.3.1 Neurotic anxiety

Neurotic anxiety is a fear of an undetected danger. It is an apprehension about an unknown danger. The feeling is form in the inside of Ego. But the source

is from Id. In the childhood experiences, hostility feeling is often followed by a fear of punishment, and this fear develops as neurotic anxiety without unrealized.

2.1.3.2. Moral anxiety

It is the type of anxiety which results from fear of violating moral or society code. This kind of anxiety is also called fear of conscious as stated in Hall (87). People who have moral anxiety is considered to have a well-developed superegos, because they are often aware of what they do. This anxiety happens because there is conflict between Ego and Superego. It happens if we fail to do what we consider as a good thing according to moral value. Moral anxiety comes as guilt or shame (Wiyatmi 12).

2.1.3.3 Realistic anxiety

Freud in *Hall* stated that Realistic anxiety is the fear of real dangers from the external world. It comes from real threat or threats in the environment.. This anxiety comes from real threats in the environments a person's live, realistic anxiety also called objective anxiety, It is defined as an unhappy and unspecific feeling to danger which has possibility to happen. In psychoanalysis development, realistic anxiety comes from the outside structure of the mind (48).

2.1.4 The Causes of Anxiety

According to Adler and Rodman there are two factors that can cause anxiety, the first is negative experiences in the past, these experiences are not considered a good experiences and it can happen again in the future. The second is Irrational thinking, psychologists discuss that anxiety does not happen because of the situation. It appears because of the belief about the situation (30). Meanwhile

Deffenbacher and Hazaleus believes that there are three causes of anxiety the first is worry, a negative thinking about self, the second is emotionally, it is a reaction towards autonomy nerve stimulus for example heartbeat, and the last is obstacle and obstruction that cause someone feel oppressed (87).

Freud has explained that the term of anxiety can be classified because of the conflict between Ego and Superego. Yet ,outside of those structure of minds can also create the cause of anxiety. Threat, environment, frustration and desire conflict also have big impact in the production of anxiety

1. Threat

Threat can be the danger from outside of individual or it can be from inside of an individual. For example threat on the inside is when there is child who watch a horror movies that is not the time yet to see in her age and it makes him feel scared as he thinks the movie seemingly happen to him even when it is only his worry. Threat from the outside, is like when someone is home alone and scared because a thief is going to break into his house and kill him (Adler and Rodman 50)

2. Environment

According to Baso as quoted in Adler and Rodman the condition of environment influences the way a individual behaves and thinks. The society around where individual's life can be a big impact that causes anxiety within a person (6). For example, someone who lives in a very quiet area that sometimes gets scared to go outside because he fears that something bad is going to happen to him and nobody is going to be there to help.

3. Desire conflict

There are three kinds of desire conflict. The first is conflict between approach and approach. It appears because there is similar satisfied feeling that can't be done together and then creates anxiety. Second is conflict between approach and avoidance, it is desire for doing something that is the same with the desire for avoiding something. And the last is conflict between avoidance and avoidance it is cause by two choices that will creates result not to do something (Myers 120).

2.1.5 Defense Mechanism

Defense mechanisms are used to overcome anxiety. Defense mechanisms are a set of system that tries to distort reality to cope with anxiety (Adams 187). Freud in Hall stated that defense mechanism operate unconsciously so that people are not aware of what is taking place (50). According to Freud, self-defense mechanism is a strategy which is used by a person to defend Id impulse expression and resist the pressure of Superego Freud uses defense mechanism term refers to subconscious process to defend the anxiety. This defense protects a person from external threats or impulses which is from internal anxiety with contorting reality using all kinds of ways (Hilgard et al 442)

The function of defense mechanism itself is to deny and falsify reality which may be too hard and painful to accept. Defense mechanism also functions to protect the ego from feeling overwhelmed caused by anxieties an individual undergoes.

2.1.5.1 Displacement

Defense mechanism in form of displacement arises as a result of repression, it happens because an individual cannot release his/her basic feelings and then direct it towards another person, animal or object to satisfy the Id (Snowden 110). According to Pressley and McCormick displacement is the channeling of anger or the anxiety to a less threatening object than the real object (118). For example, Daniella had a bad day at work and once she got home she transfers her bad thoughts and emotions to her brother by screaming at him even when her brother didn't do anything wrong.

2.1.5.2 Rationalization

Rationalization is a mechanism which a person finds an excuse for their behavior that is more acceptable, it is pushed by subconscious motive within ourselves (Snowden 113). According to Alwisol (33) This type of defense mechanism happened consciously when an individual try to give himself an excuse from their mistakes and he tries to make the mistakes is reasonable and logic. For example a student who fails a test because she did not study hard enough blames her failure to teacher because the teacher makes a very hard question test.

2.1.5.3 Denial

According to Snowden denial is used to refuse a reality. This defense mechanism has a close relation to repression (110). Denial is believing that there is no danger. The person who uses this defense mechanism refuses to accept the

reality of what is happening that causes anxiety and he believes that his denial is the fact. Denial is simply denying the painful reality (Pressley and McCormick 139). For example, an alcoholic doesn't accept the fact that he is addicted to alcohol.

2.1.5.4 Intellectualization

David Straker stated that intellectualization is a 'flight into reason' which means an individual is trying to avoid uncomfortable emotion by focusing on the reality and the logic (3). Intellectualization is defense mechanism in which an individual chooses the logical way to confront the situation that causes the damage. For example, Aden finds out that he is diagnosed with cancer, he began to take medicine regularly and learn everything related to his illness.

2.1.5.5 Projection

Freud stated that projection is defense mechanism where there is an impulse which caused anxiety is channeled by directing the anxiety to other. Projections may also happen to remove characteristics of another in which the one is uncomfortable. And this threats which are from the inside of persons is dispersed to another (110). For example, Greg hates Lia but the supergo tells him that the hatred is unacceptable so the problem is solved by believing that she is the one who hates him.

2.1.5.6 Fantasy

Fantasy used to distorts anxiety by imagination. An individual tries to imagine their unacceptable desires where it cannot be fulfilled in reality. Fantasy creates his own world when the real world becomes too painful or stressful. Here fantasy served as defense mechanism because it helps an indivuidual to forget the sadness and failure he/she had to undergone and made him feel as things were not so hard to face (Hilgard et al 430) for example, a girl could not attend her favourite singer's concert which creates anxiety in her, so she fantasizes and imagining about her idol in order to make the reality less painful.

2.2 Previous Study

For the previous studies, the researcher does not find any research that is similar to the analysis using *The Diary of Anne Frank* as an object. However, there are several previous studies using the same approach.

The first previous study is the research entitled "The Main Characters

Defense Mechanism in Bram Stoker' Novel: *Dracula*" by Adam Satria, State

Islamic University of Sunan Ampel Surabaya 2015. The study focuses on

Jonathan Harker as the main charcter in the novel. The method of the study is

descriptive qualitative and the theory used by the researcher is defense mechanism
theory by Sigmund Freud. He also uses new critic theory as secondary theory in
the study. The result found in the study that Jonathan Harker uses several number
of defense mechanism such as suppression, denial, reggresiion and repression. It
is also conducted that Jonathan Harker as the main character of the novel uses
defense mechanism to release his anger and frustration.

The second previous study of the research entitled "A Main Character Analysis on Anxiety and Defense Mechanism In *Bridge to Terabithua* Novel" by Nuraini, State Islamic University of Jakarta 2009. This research tries to find out the cause of anxiety of two main characters, Jesse and Leslie. This research

explains about the characterization of the two main characters, causes of the anxiety; and how they apply defense mechanism as the way to reduce their anxiety. This research uses a qualitative method and applies Sigmund Freud's psychoanalysis theory. By classifying the main characters anxiety into three types which are reality anxiety, neurotic anxiety and moral anxiety, this research reveal the cause of the anxiety. As a result, it is found that Jesse has neurotic anxiety and moral anxiety and Leslie has neurotic anxiety. Jesse uses five kinds defense mechanism to cope with his anxiety, they are; displacement, behavioral, withdrawal, fantasy, denial, and sublimation. Meanwhile it s found that the second character Leslie, only uses fantasy.

The third previous study is a graduating paper by Atun Farkhatun, 2017 from Islamic State University of Jogjakarta under the tittle "Anxiety and Defense Mechanism of Rachel Watson in Paula Hawkins Novel *The Girl on The Train*." The research aims to decribe type and factors of the anxiety that is used by Rachel as the main character in *The Girl on The Train* novel and also explain the defense mechanism that is used to reduce the anxiety of Rachel. With applying theory of Sigmund Freud to analyze the researh and qualitative method of the study, the analysis conclude that Rachel suffers three types of anxiety which are; neurotic, moral and reality anxiety and Rachel also six kind of defense mechanism; repression, displacement, fixation, projection, and denial to cope Rachel anxiety.

The similarity with the three previous studies and this research is the theory that is being used. The researchers of the previous studies above analyzed

using theory about anxiety to find types of the anxiety suffered by each character and defense mechanism to cope with the anxiety of each of the characters.

While the difference with three previous studies above is the object of the analysis. The first researcher uses Dracula novel by as an object analysis. The second researcher uses *Bridge to Terabithia* novel as the object of the analysis, the third researcher uses *The Girl on The Train* novel as the object of the study. Here, the researcher uses *Anne Frank*: *The Diary of A Young Girl* as the different object of analysis.

CHAPTER III

ANXIETY AND DEFENSE MECHANISM OF ANNE FRANK

This chapter presents the analysis to answer the research problems. Following Freud's concept, this chapter provides the analysis of Anne's anxiety and defense mechanism that occurs in *Diary of A Young Girl*. On the objectives of the study, this chapter is divided into three parts. In the first part, the researcher would like to present and find the research question about types of Anxiety suffered by Anne Frank. And in the second part, the researcher would like to find out the facrots of Anne Franks's anxiety. And last, the researcher analyzes the data about the defense mechanism used by Anne Frank to reduce and cope with her anxieties.

3.1 Anne Frank's Anxiety

In this sub-schapter the researcher will identify what types of Anne Frank anxiety as seen in *Diary of a Young Girl*. Based on the explanation above there are three types of anxiety. They are neurotic anxiety, reality anxiety, and moral anxiety. Each types of anxiety will present to find out Anne Frank anxiety as depicted in *Diary of a Young Girl*.

3.1.1 Neurotic Anxiety

Neurotic anxiety can not be controlled by the id. It's the feeling when people feel has lost control of anger, sanity or even beyond common sense.

Anxiety Neurotic is feeling scared if her misconduct and result in a punishment that will be received from others if she satisfies the instinct in her own way. The first neurotic anxiety of Anne shown in the following quote.

"Mummy and daddy always defend me stoutly. I'd have to give up if it werent for them. Altough they do tell me that I musnt talk so much, that I must be more retiring and not poke my nose wasnt so patient, i'd be afraid I was going to turn out to be a terrific dissapointment to my parents and they are pretty leninent with me" (31)

Anne frank and family were having dinner with Van Daan family. What upset her is the fact that she became the source discussion by Mrs. Van Daan. Mrs. Van Daan talks about how childish Anne is and it creates anxiety within Anne. Anne wants to tell Mrs. Van Daan to stop what she is doing but Anne remembers of what her father and mother told her to do. She must be patient if anyone talks about her. Anne used to people making her as an object discussion that her parents tries to calm her down and ask her to be as calm as possible and not get insulted. She is panic because she is afraid that her parents would be disappointed with her if she start to defend herself in front of Mrs. Van Daan. Her feelings refers to this type of anxiety because she loses her id. She thinks she will be disappointment to her parents if she stands for herself. So that she feels anxiety.

The neurotic anxiety of Anne also shown when Anne is feeling panic and tired that most people in the house are making her as an object of an discussion which makes her feel totally uncomfortable and anxious.

"why do grownups quarrel so easily, so much and over the most idiotic things? Up till now i thought that only children squabbled and that that wore as you grew up. Of course, there is sometimes a real reason for a quarrel but this is just plain bickering. I supposed i should get used to it. But i cant nor no i think I shall, as long as im the subject of nearly every discussion. Nothing, i repeat, nothing about me is right, my general appearance, my character, my manners are discussed from A to Z"(32)

Anne keeps herself quiet even when she is totally not fine about every talks and discussions pointed about her rather than tells Mrs. Van Daan and the whole family she is dissapointed with the way they brought Anne to the conversation since Anne's parents sometimes always stood for her when she is being talked about. She tries as hard as she can not to loose it so that way she wont let her mum and dad down by what she did.

Neurotic anxiety is defined as an apprehension about an unknown danger.

This feeling itself exists in the ego, but it originates from id impulses (Feist 34).

Another neurotic anxiety of Anne shows when Anne started to feel panic that the fire extingusher will find out the presence of Anne and family in the hiding which might cause all of the family in trouble.

"My hand's still shaking, though it's been two hours since we had the scare. I should explain that there are five fire extinguishers in the building. The office staff stupidly forgot to warn us that the carpenter, or whatever he's called, was coming to fill the extinguishers. As a result, we didn't bother to be quiet until I heard the sound of hammering on the landing (across from the bookcase). I immediately assumed it was the carpenter and went to warn Bep, who was eating lunch, that she couldn't go back downstairs. Father and I stationed ourselves at the door so we could hear when the man had left. After working for about fifteen minutes, he laid his hammer and some other tools on our bookcase (or so we thought!) and banged on our door. We turned white with fear. Had he heard something after all and now wanted to check out this mysterious-looking bookcase? It seemed so, since he kept knocking, pulling, pushing and jerking on (19)"

Anne's thought believes that terrible thing is existed. She is afraid of getting caught so she feels extremely nervous and panic when they keep hearing the knocking, pulling at the back of the bookcase. Her panic and nervousness has inability to manage herself, behavior, and mind so she and the family manage to be quiet and trying not leave any sound.

3.1.2. Moral Anxiety

Besides neurotic anxiety, Anne Frank also faces moral anxiety. Moral anxiety happens as an effect from conflict between ego and super ego. This kind of anxiety can be categorized as guilty feeling, shame and also fear of sanctions.

Anne's relationship with her mother and Margot is not so good. Anne often feel like she is not as important as Margot because Anne's mother always treats Anne differently than her sister, Margot. Anne gets frustated over it. Anne never understands why her mother treats her differently than Margot. The only one that she thinks care for her is only her father.

...every day I feel myself drifting further away from Mother and Margot. I worked hard today and they praised me, only to start picking on me again five minutes later. You can easily see the difference between the way they deal with Margot and the way they deal with me. For example, Margot broke the vacuum cleaner, and because of that we've been without light for the rest of the day. Mother said, "Well, Margot, it's easy to see you're not used to working; otherwise, you'd have known better than to yank the plug out by the cord." Margot made some reply, and that was the end of the story. But this afternoon, when I wanted to rewrite something on Mother's shopping list because her handwriting is so hard to read, she wouldn't let me. She bawled me out again, and the whole family wound up getting involved.(23)

Anne's mother treat her differently than Margot. Quotation above shows how Anne is jealous of Margot because of how unfair her mother treats her. Anne thinks that Margot made a quiet big mistake compared to what Anne has ever done. Yet, Margot doesn't get judgement from mother. Unlike Margot, Anne always got blamed for anything that is going wrong in the house.

The first moral anxiety of Anne Frank appears when Anne feels like she doesn't feel close to Margot nor her mother. Anne has never been so good to get along with people including her own mother and sister. Anne finds herself going to different direction from her Mother and Margot.

"I don't get along with Margot very well either. Even though our family never has the same kind of outbursts they have upstairs, I find it far from pleasant. Margot's and Mother's personalities are so alien to me. I understand my girlfriends better than my own mother. Isn't that a shame?" (46)

The conflict she and her mother have creates a guilty feelings towards

Anne. She wonders how it is actually a shame to understand her friends very well
than to understand her own family member. That is something uncommon and
seems to be contrary to the moral code in society. The feelings of shame shows
that Anne suffers from moral anxiety.

Another moral anxiety of Anne shows when Anne refused her mother's request to say prayers together. Anne doesn't feel very much comfortable when she is around her mother, unlike what she feels towards her father, Anne always has reasons to hate her mother since Anne thinks that her mother doesn't treat her right.

"I lay still in bed, feeling at once that I had been horrible to push her away so rudely. But I knew too that I couldn't have answered differently. It simply wouldn't work. I felt sorry for mummy, very, very sorry, because I had seen for the first time in my life that she minds my coldness. I saw the lookof sorrow in her face when she spoke of love not being forced. It is hard to speak the truth, and yet it is the truth. She herself has pushed me away, her tactless remarks and her crude jokes, which I don't find at all funny, have now made me insentisitive to any love from her side. Just as I shrink at her hard words, so did her heart when she realized that love between us was gone. She cried half the night and hardly slept at all. Daddy doesn't look at me and if he does for a second then I read in his eyes the words: "How can you be so unkind, how can you bring yourself to cause your mother such sorrow?"(77)

Moral anxiety appears when people feels ashamed or guilty of something (Wiyatmi 12). Quotation above shows how Anne Frank feels such guilt towards her mother for turning her request down. She realized how much what she has said hurts her mother's feelings. At that point, Anne knew that she caused her mother sorrow and she is ashamed for what she just said. She is consumed with guilt that she can even imagine how her daddy would also be dissapointed of the thing she did.

Anne also shows another moral anxiety when she questions her presence and how lucky she actually is compared to her close friend Lies.

> "Hanneli Goslar, or Lies as she's called at school, is a bit on the strange side. She's usually shy -- outspoken at horne, but reserved around other people. She blabs whatever you tell her to her mother. But she says what she thinks, and lately I've come to appreciate her a great deal." (6)

Anne wonders how's life going for Lies and Anne started to compare and imagine how it feels like if she was in another person's shoes, and in this case, it's Lies.

"And Lies, is she still alive? What is she doing? Oh. God protect her and bring her back to us. Lies, I see you in all the time what my lot might have been, i keep seeing myself in your place. Why then should I be unhappy over what happens here? Shouldn't I always always be glad, contected, and happy, except when I think about her and her companions in distress? Iam selfish and cowardly. Why do I always dream and think of the most terrible things —my fear makes me want to scream out load sometimes. Because still, in spite of everything, I have not enough faith in God. He has given me so much — which I certainly do not deserve—and I still do so much that is wrong everyday. If you think of your fellow creatures, then you only want to cry, you could really cry the whole day long. The only thing to do is to pray that God will perform a miracle and save some of them." (126-127)

Anne feels ashamed for herself for not being grateful enough for what she has. She often feels that life might not be fair when actually it might has for her. She compared her life with her friend out there which unlike her, her friend out there might doesnt have a place to hide. Lies might not be as lucky as her. Anne Frank shows her guilt in her lack of faith in God who has given her enough more than she could imagine and how ashamed she feels compared to another jews that's being taken away in everyday and might have no place in the world anymore. All of these guilty feelings makes her think that she doesnt deserve what God has already given her.

Moral anxiety happens when we fail to do what we consider as a good thing according to moral value. Another moral anxiety depicted by Anne frank shows when she feels guilty over her sister, margot.

"in the meantime a little shadow has fallen on my happiness. I've thought for a long time that margot liked peter quiet alot too. How much she loves him I dont know. But I think its wretched. I must cause her terrible pain each time I'm with Peter, and the funny part of it is that she hardly show it" (181)

There's something about Margot that makes Anne thinks Margot likes Peter too. Anne spends lots of her time with Peter since they lived in the same hiding place as one. Anne started to wonder how Margot feels when Anne and Peter are hanging out together. Anne got scared that Margot might have felt betrayed by her sister. The guilty feeling of Anne appears when she started to believe that she surely hurts her sister's feeling by being with Peter which she already knew.

3.1.3. Reality Anxiety

The last anxiety that is suffered by Anne Frank is reality anxiety. Reality anxiety is the fear of the dangers of the external world. *The Diary of A Young Girl* tells about a family who lives under the pressure of law because jewish couldn't have the same rights to use public places and most importantly they live under control, being watched and genocide.

The first reality anxiety of Anne happens when she feels anxious and scared about the rules that has been given to to jewish and how limited it is for jewish to have the same rights as non-jewish.

"After May 1940 the good times were few and far between: first there was the war, then the capitulation and then the arrival of the Germans, which is when the trouble started for the Jews. Our freedom was severely restricted by a series of anti-Jewish decrees: Jews were required to wear a yellow star; Jews were required to turn in their bicycles; Jews were forbidden to use street-cars; Jews were forbidden to ride in cars, even their own; Jews were required to do their shopping between 3 and 5 P.M.; Jews were required to frequent only Jewish-owned barbershops and beauty parlors; Jews were forbidden to be out on the streets between 8 P.M. and 6 A.M.; Jews were forbidden to attend theaters, movies or any other forms of entertainment; Jews were forbidden to use swimming pools, tennis courts, hockey fields or any other athletic fields; Jews were

forbidden to go rowing; Jews were forbidden to take part in any athletic activity in public; Jews were forbidden to sit in their gardens or those of their friends after 8 P.M.; Jews were forbidden to visit Christians in their homes; Jews must attends Jewish schools, and many more restriction of a similar kind"(9)

The rules bring anxiety to Anne because Anne used to have a normal life before she moved to the secret annexe. She used to be free hanging out with family and friends. As the rules have been declarated, Anne started to feel oppressed by how limited and how unfair things are for the Jewish. Things are very much different now, Jewish must follow the rules that has been given in order to keep them in a safe place from the hands of the Germans.

Since the Frank and Van Daan family moved to the hiding place, they limit their activities and stay alot more careful than before. It creates wary and fear which each of them have to face everyday.

"The four of us went to the private office yesterday evening and turned on the radio. I was so terribly frightned that someone might hear it that I simply begged daddy to come upstairs with me. Mummy understood how I felt and came too. We are very nervous in other ways, too, that the neighbors might hear us or see something going on. We made curtain straight away on the first day. Really one can hardly call them curtains, they are just light loose strips of material, all different shapes, quality and patter, which daddy and I sewed together in amost unprofessional way. These wprks of art are fixed in a position with drawing pins, not to come down until we emerge from here"(21)

Anne faced alot of fear and anxiety once the family started to live in secret annexe. They try their hard not to leave marks nor suspicion so they will stay safe and not be caught. They left their old house to reduce the pressure and moved the hiding place yet still they are opressed by the rules just so they can still live one as a family.

"I could spend hours telling you about the suffering the war has brought, but I'd only make myself more miserable. All we can do is wait, as calmly as possible, for it to end. Jews and Christians alike are waiting, the whole world is waiting, and many are waiting for death."(63)

Reality anxiety is defined as an unhappy and unspecific feeling to danger which of has possibility to happen. Anne's anxiety gets worse when it comes to the fear that has haunted her about the war that is happening outside.

"we have forbidden Margot to cough at night, altough she has a bad cough, and make her swallow large doses of codeine. I'm looking for Tuesday when Van Daans arrive, it will be so much fun and not so quiet. It is the silence that frightens me so in the evenings and at night. I wish like anything that one of our protectors could sleep here at night. I can't tell you how opressive it is never to be able to go outdoors, also I'm very afraid that we shall be discovered and be shot. That is not exactly a pleasant prospect. We have to whisper and tread lightly during the day, otherwise the people in the warehouse might hear us."(21)

Anne's become so consumed by fear and worry that things go the way she doesn't want it to be. They had to forbid Anne's sister, Margot to cough to avoid unwanted things like getting caught and to avoid anyone to know their presence. Anxiety reality is origin of neurotic anxiety neurosis and the emergence of moral anxiety. That way her fear influences the way she lives her life and the way she processes her self since they moved in the Secret Annexe.

As the time goes by Anne find no comfort in the secret Annexe, she has to live under the fear and has to go through another day feeling miserable every single time. Everything stresses her out and the danger outside creates anxiety feeling towards Anne

"I feel more miserable than I have in months. Even after the break-in I didn't feel so utterly broken, inside and out. On the one hand, there's the news about Mr. van Hoeven, the Jewish question (which is discussed in detail by everyone in the house), the invasion (which is so long in coming), the awful food, the tension, the miserable atmosphere, my disappointment in Peter. On the other hand, there's Bep's engagement, the Pentecost reception, the flowers, Mr. Kugler's birthday, cakes and stories about cabarets, movies and concerts. That gap, that enormous gap, is always there. One day we're laugh- ing at the comical side of life in hiding, and the next day (and there are many such days), we're frightened, and the fear, tension and despair can be read on our faces."

From quotation above we can smell the fear and anxiety Anne and the rest of the family has to face. Anne is driven by dark thoughts because since she moved to the secret annex, things has not gone as she wish it to be. She mostly fear and scared of what is going to happen because of the oppression of the war.

In short, to make the analysis simply, the types of Anne Frank's anxiety can be seen in table below:

Table 1: The types of anxiety of Anne Frank in Diary of a Young Girl

No.	Anxiety	Definition	Events
1.	Neurotic	Feeling panic and nervous toward unreal danger. The anxiety comes from the influence of the Id	Afraid to be a dissapoinment for her parents
			Feeling panic of getting caught
2.	Moral	Feeling guilty and ashamed. Influenced by superego	Feeling ashamed of not understanding her mother and sister well.
			Feeling guilty of refusing her mother's request to say prayers

			Feeling ashamed of not being grateful enough
			Felling guilty towards her sister despite of her relationship with Peter
3.	Reality	Fellling afraid towards real danger that comes from outside	Feeling scared about the rules given to the jewish
			Fear of getting caught and taken away

3.2. Factors of Anxiety

In this analysis, the researcher also discusses the factor of anxiety that happens in *The Diary of A Young Girl*. The factors of anxiety that appears are :

3.2.1. Threat

The first factor of Anne which makes Anne undergone her anxiety is threat. As stated above, Anne comes from Jewish family and they had to go into hiding so that the Nazy would not take the family one after another. Anne's lives is far from peace and it creates anxious feeling within Anne Frank.

"Terrible things are happening outside. At any time of night and day, poor helpless people are being dragged out of their homes. They're allowed to take only a knapsack and a little cash with them, and even then, they're robbed of these possessions on the way. Families are torn apart; men, women and children are separated. Children come home from school to find that their parents have disap peared. Women return from shopping to find their houses sealed, their famthes gone. The Christians in Holland are also living in fear because their sons are being sent to Germany. Everyone is scared. Every night hundreds of planes pass over Holland on their way to German cities, to sow their bombs on German soil. Every hour hundreds, or maybe even thousands, of people are being

killed in Russia and Africa. No one can keep out of the conflict, the entire world is at war"(62)

There are so many pressure around Anne's environment when Anne and family hiding in the secret Annex. Anne witnesses how cruel the situation around her and how they lives under the pressure of chaos, she puts all the feelings she have and all the things she feels on her diary.

"Our lives were not without anxiety, since our relatives in Germany were suffering under Hitler's anti-Jewish laws. After the pogroms in 1938 my two uncles (my mother's brothers) fled Germany, finding safe refuge in North America. My elderly grandmother came to live with us. She was seventy-three years old at the time" (9)

Anne knew very well how the situation around her draws so much anxiety to her and people around her. She suffered anxiety because the pressure under the threat and discrimantion to the Jews.

"After May 1940, the good times were few and far between: first there was the war, then the capitulation and then the arrival of the Germans, which is when the trouble started for the Jews."(9)

3.2.2. Environment

The environment of Anne also has major part in drawing anxiety within herself. The first factors that influence Anne Frrank's anxiety around her environment is Anne's family. Anne comes from family of four. Anne doesnt have the same love and affection to each of the family members. For, she believes she doesn't get the love she should have got from her family, especially her mother. Anne is well appreciated by her father which makes she thinks that she's got the best daddy in the world but it is quite the opposite with Anne's mother. Both of them doesn't go very well. The tension between Anne's relationship and

her mother is because Anne is dissapointed of her mother. The attitude shown by mrs. Frank makes Anne think that she is being distinguished.

"They've all been so nice to me this last month because of my birthday, and yet every day I feel myself drifting further away from Mother and Margot. I worked hard today and they praised me, only to start picking on me again five minutes later." (23)

Anne is aware of her distance from her mother and her sister, Margot.

Margot is very smart that sometimes it makes Anne jealous of her. But that is not only the reason why Anne is jealous of Margot another thing is because of the way mrs. Frank treats Anne and Margot differently. Anne knows that she and her mother is different in so many ways that it makes her always being judged and treated differently from Margot.

The second factor of Anne Frank's anxiety around her environment is Peter.

Anne is in love with Peter that sometimes when she thinks of Peter she gets all of her feelings mixed up because of how he is in love with Peter. Peter and Anne were not so close but as the time goes by, things started to develop between them.

"Some evenings I go to the van Daans for a little chat. We eat "mothball cookies" (molasses cookies that were stored in a closet that was mothproofed) and have a good time. Recently the conversation was about Peter. I said that he often pats me on the cheek, which I don't like. They asked me in a typically grown-up way whether I could ever learn to love Peter like a brother, since he loves me like a sister. "Oh, no!" I said, but what I was thinking was, "Oh, ugh!" Just imagine! I added that Peter's a bit stiff, perhaps because he's shy. Boys who aren't used to being around girls are like that."(31)

When Anne and Peter started to meet Anne doesn't feel much comfort when she sees Peter because she kind of gets irritated when Peter often touches her cheeks. Things are very much different as they both always see each other occasioanally for they live in the same hiding place. Anne finds herself more and more into Peter.

"I know you're wondering about Peter, aren't you, Kit? It's true, Peter loves me, not as a girlfriend, but as a friend. His affection grows day by day, but some mysterious force is holding us back, and I don't know what it is. Sometimes I think my terrible longing for him was overexaggerated. But that's not true, because if I'm unable to go to his room for a day or two, I long for him as desperately as I ever did. Peter is kind and good, and yet I can't deny that he's disappointed me in many ways. I especially don't care for his dislike of religion, his table conversations and various things of that nature. Still, I'm firmly convinced that we'll stick to our agreement never to quarrel. Peter is peace-loving, tolerant and extremely easygoing. He lets me say a lot of things to him that he'd never accept from his mother." (233)

Peter comforts Anne in a way nobody can. They both always keep each other company, and give each other encouragement since they knew how it feels like being inside the house and feel depressed and anxious about what's going on iutside. As the time flies, Anne finds herself gets more and more comfortable with Peter and not as shy as they both first met. Peter brings difference to Anne which nobody has yet to see it.

3.3. Defense Mechanism

Defense mechanism relates to anxiety. People usually use defense mechanism to cope the anxiety. *In Diary of A Young Girl*, Anne is presented as a girl who suffers anxiety. To cope Anne Frank's anxious feeling, there are several defense mechanisms in which can be described through her action and thought in the story. Therefore, this analysis explains some defense mechanism that is used by Anne Frank in *Diary of A Young Girl*

3.3.1. Displacement

Sometimes, some people drop their anxious feeling to another person or object to reduce their anxious feeling. Displacement runs by redirecting unacceptable urges onto a variety people or objects so that the original impulse is disguised or concealed (Feist 36). This kind of defense mechanism is used by Anne Frank to decrease her anxious feeling. Anne always finds something to do reduce her sadness and fear and even anxiety.

"I hope I will be able to confide everything to you, as I have never been able to confide in anyone, and I hope you will be a great source of comfort and support." (4)

Anne Frank seems to have more faith in writing in diary more than she does to people, so Anne drain all of what she feels through the diary that was given to her on her 13th birthday and she hopes that she will find enough comfort in what she is doing.

"Writing in a diary is a really strange experience for someone like me. Not only because I've never written anything before, but also because it seems to me that later on neither I nor anyone else will be interested in the musings of a thirteen-year-old schoolgirl. Oh well, it doesn't matter. I feel like writing, and I have an even greater need to get all kinds of things off my chest." (7)

Anne's aware that her life is full of pressure and she believes that no one is interested in talking to her. So, since Anne got her diary on her birthday from her dad, she started to write alot of things happens to her and all things she is going through. And by the writing of Anna, the book of her diary was released. Anne feels so much joy when she got the diary, she named her diary Kitty, as stated in quotation below

"To enhance the image of this long-awaited friend in my imagination, I don't want to jot down the facts in this diary the way most people would do, but I want the diary to be my friend, and I'm going to call this friend Kitty."(8)

Displacement also uses by Anne to cope with her anxiety when Anne looses control over everything thats being subjected to her. She doesnt think that she has never done anything right in the house, the mockings and words in the house thrown at her are driving her crazy.

"i'm boiling with rage and yet I mustnt show it. I'd like to stamp my feet, scream, give mummy a good shaking, cry, and I dont know what else, becaue of the horrible words, mocking looks, and accuations which are leveled at me repeatedly everyday, and find their mark, like shafts from a tighlt strung bow, and which are just hard to draw from my body" (64)

Quotations above shows us how Anne really feels, how she kept her feelings all to herself and how she always wants to get it all out, The displacement is shown in form of how Anne wants to scream because she is so full of anger and emotion. Here, Anne imagined herself as a bow thats been held for so long yet still very hard to pull it out. She frustated by what happened to her, so that she uses the scream and crying to satisfy id.

3.3.2. Projection

Projection is defense mechanism where there is an impulse which is caused anxiety was dropped out by directing the anxiety or predicting it the other, these threats which are from the inside of persons dispersed to another people.

Projection is the mechanism that changes neurotic or moral anxiety into realistic anxiety. It converts threatening urges because of someone else not her/his self. In The *Diary of A Young Girl*, projection happens when Anne direct her

anxiety to her mother, Anne and her mom never had a great relationship common daughter and mother have. Anne often gets upset by her mother because she thinks her mother doesn't understand Anne and is always wrong about her.

"everything's out of kilter here. By that I mean that we're treated like children when it comes to external matters, while, inwardly, we're much older than other girls our age. Even though I'm only fourteen, I know what I want, I know who's right and who's wrong, I have my own opinions, ideas and principles, and though it may sound odd coming from a teenager, I feel I'm more of a person than a child -- I feel I'm completely independent of others. I know I'm better at debating or carrying on a discussion than Mother, I know I'm more objective, I don't exaggerate as much, I'm much tidier and better with my hands, and because of that I feel (this may make you laugh) that I'm superior to her in many ways. To love someone, I have to admire and respect the person, but I feel neither respect nor admiration for Mother! Everything would be all right if only I had Peter, since I admire him in many ways. He's so decent and clever! "(165)

In quotation above, Anne shows her projection by believing that she is better than her mother in so many ways eventough she is only fourteen. Anne compare herself to her mother who might of been better than Anne in so many ways, but Anne still believes that Anne's self quality and everything is above her mother. And Anne thinks that there is nothing wrong about her having her character now, but she gets kind of upset because she is doesn't want to be treaten like a child of her age. Anne doesn't like her mother very much that she thinks if he had peter everything will going okay, rather than when she had her mother

3.3.3. Rationalization

According to Freud, rationalization is a reasonable opinion that is used by people to reduce anxiety. It is the act to find a good excuse and to avoid the punishment from neighborhood (Boeree 45). It happens when a person justifies his/her behaviors by giving logical reason in order to move people believe in. This

sort of mechanism is applied by Anne. She uses the rationalization when she first had her first kiss with peter on a divan and she is confused whether he parents would know and whether they will accept the fact that their little girl had just already had her first kiss.

"Do you think Father and Mother would approve of a girl my age sitting on a divan and kissing a seventeen-and- a-half-year-old boy? I doubt they would, but I have to trust my own judgment in this matter. I know I'm starting at a very young age. Not even fifteen and already so independent -- that's a little hard for other people to understand. I'm pretty sure Margot would never kiss a boy unless there was some talk of an engagement or marriage. Neither Peter nor I has any such plans. I'm also sure that Mother never touched a man before she met Father.! Oh, Anne, how terribly shocking! But seriously, I don't think it's at all shocking; we're cooped up here, cut off from the world, anxious and fearful, especially lately. Why should we stay apart when we love each other? Why shouldn't we kiss each other in times like these? Why should we wait until we've reached a suitable age? Why should we ask anybody's permission? "(198)

Anne thinks its normal for girls her age and especially in atmosphere where everything just stressed her out, she sures needs some love and affection too. She still has doubts within her hearts that she is too young to had her first kiss, moreover when her sister Margot haven't even had one. But then she believes what she did is reasonable and it's logic because she and Peter loved each other. Anne Frank thinks the reason is logical and as she believes that such thing is not guilty. Therefore, her defense refers to rationalization.

3.3.4 Fantasy

Fantasy distorts anxiety by imagination. Ones imagine their unacceptable desires where it cannot be fulfilled in reality. Fantasy creates an inner world when the real world becomes too painful, difficult, or stressful.

Since Anne becoming more anxious before she moved to the the attic she often motivate herself and try as hard as she can to hang on on life. Even when sometimes she is done and stress with it, she believes she still needs to think that not all things are bad. Anne has been reading diary and feels much comfortable in diary rather than in people

"...Oh well. So much comes into my head at night when I'm alone, or during the day when I'm obliged to put up with people I can't abide or who invariably misinterpret my intentions. That's why I always wind up coming back to my diary -- I start there and end there because Kitty's always patient. I promise her that, despite everything, I'll keep going, that I'll find my own way and choke back my tears. I only wish I could see some results or, just once, receive encouragement from someone who loves me" (49)

Anne cant stand some people because they always put her in the corner. Anne relies to her diary but sometimes Anne wishes if it was people. If there is anyone out there who loves her and give her encouragement that she also feels she gets from Kitty.

Anne finds herself had a crush on Peter and always craving for Peter presence. But anne's mother doesnt like it when Anne is in relationship with anyone despite of her age, the way her mom doesnt like Anne, makes Anne like her less. Peter is all she want to be with. To Anne, peter is like the light at the end of the tunnel.

"Furthermore, Mother thinks Peter's in love with me. To tell you the truth, I wish he were. Then we'd be even, and it'd be a lot easier to get to know each other. She also claims he's always looking at me. Well, I suppose we do give each other the occasional wink. But I can't help it if he looks at my dimples, and wink occasioanlly, can I?" (130)

Anne often imagined if Peter was always where she is so they both can know each other alot more. Anne likes herself when she is around Peter, so she often imagined herself being around peter and thinks about fun things when they both got to meet. Anne chooses to fantazies Peter to forget the fact that they are under pressure in the secret Annexe. Here, the defense of Anne in Fantasy shows.

In brief, Anne Frank uses many defense mechanisms. They are, displacement, projection, rationalization, and fantasy. To get easy the analysis, those can be shown in this table below:

Table II: Anne Frank's defense mechanisms in *Diary of A Young Girl*:

No.	Defense	Definition	Event
	Mechanism		
1.	Displacement	Replace the impulse to	Writing in Diary
		another object satisfying	4
		Id.	
2.	Projection	Attribute the anxiety	Directing her anxious
	-	of oneself to	feelings to her mother as
		someone else	the cause of the anxiety
3.	Rationalization	Making up excuses as a	Kissing Peter and
		logical reason	assume it is normal
			Wishing her diary was a
			person.
4.	Fantasy	Distorts reality by	
		Imagining things	Imagining things with
			Peter as the boy of her
			dreams

CHAPTER IV

CONCLUSION

This chapter provides the conclusion of this research. This conclusion refers to the answer of the research questions that have been presented by the researcher questions that has been presented by the researcher in the previous chapter.

From the analysis, it can be concluded that Anne Frank suffers from three types of anxiety. The first anxiety that she suffers is neurotic anxiety, it happens because Anne frank feels panic that she is going to disappoint her parents if she gives any bad response to the mocking and the talks thrown at her while she and family were having dinner. Neurotic anxiety also happens when Anne feels panic that she is going to get caught by the carpenter that fixed Frank's hiding place.

The second anxiety is moral anxiety. This type of anxiety suffers three times by Anne Frank. The first moral anxiety is when Anne feels such ashame because she thinks she knows her friends well better than she does to her own mother and sister. The second moral anxiety happens when Anne feels guilty of refusing her mother's request to say prayer together. Anne said no right away to her mother who wants to see her and says prayers before they both went to bed. The next moral anxiety undergoes by Anne when Anne feels ashamed and guilty because she believes that she is not being grateful enough of life that she already has. She feels guilty for complaining so much about anything and she compares her life to her old friend, Lies. Anne realizes how lucky she is compared to Lies

whom the presence is still yet to be known whether she is alive or not. The last moral anxiety of Anne Frank happens when Anne feels guilty over her sister, Margot. Anne started to recognize that her sister may has the same feelings that Anne has towards Peter. Anne feels such fear and guilt that she might have hurt her sister's feelings without her knowing.

The last type of anxiety suffered by Anne Frank is reality anxiety. It is felt when Anne feels afraid of the life that's going around her. She is afraid of the rules and pressure given to the Jewish and she also uses this kind of anxiety because she is scared of the real danger from outside, in Anne's case it is war. Her activity has been limited since she and the family moved to the hiding place. They should follow the rules and be extra careful in order not to get caught and recognized. The limit and the pressure experienced by Anne Frank from the outside, creates reality anxiety within Anne.

On the other side, this research also analyzes the factor that influences Anne anxious feeling. There are two factors that are found to be the cause of Anne Franks's anxiety. The first is threat, Anne feels anxious because the threat that was pointed to the Jewish from the Germans. Her anxious feelings also caused by her environment. Anne lives around seven people in the secret annex. It is found that her mother and Margot often to be the cause of Anne Anxiety as Anne always being compared to Margot by Mrs. Frank and it draws anxiety on Anne Frank. Peter Van Daan is also one of the factor that can cause Anne's anxiety because of how Anne sometimes yet to be able to manage her feelings towards Peter and the feelings she has for Peter sometimes drags her to feel anxious about some things.

In addition, to cope Anne's anxious feeling, she uses several defense mechanisms. She applies four defense mechanisms. They are displacement, projection, rationalization and fantasy. Displacement is used by Anne to cope the anxiety she feels by writing in diary. Anne uses projection to direct the cause of her anxiety to the outside, in this case, it is her mother. Anne uses projection to direct the anxiety she felt to her mother. Anne uses rationalization to give her logical reason and avoid anxiety that she suffered by giving logical reason why her kiss with Peter is nothing to be worry about as she thinks it is normal. And the last defense mechanism Anne uses is fantasy. Fantasy is applied by Anne when she tries to imagine Peter to forget about the chaos outside and Peter keeps her happy, so Anne uses Peter as the source of her imagination to keep her her feeling happy and stabilized.

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