

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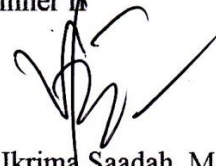
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always controlled the inner nature of the individual. Among the various aspects of the conflict happens in id, ego and super-ego it can lead a individual's feeling to the emergence of anxiety (King 128)

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 consistent 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 defend 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 circumstances 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 unambiguous 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

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 superego 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

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 realized.

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.

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 superego 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 individual 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 character 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, regression 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 Terabithia* 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

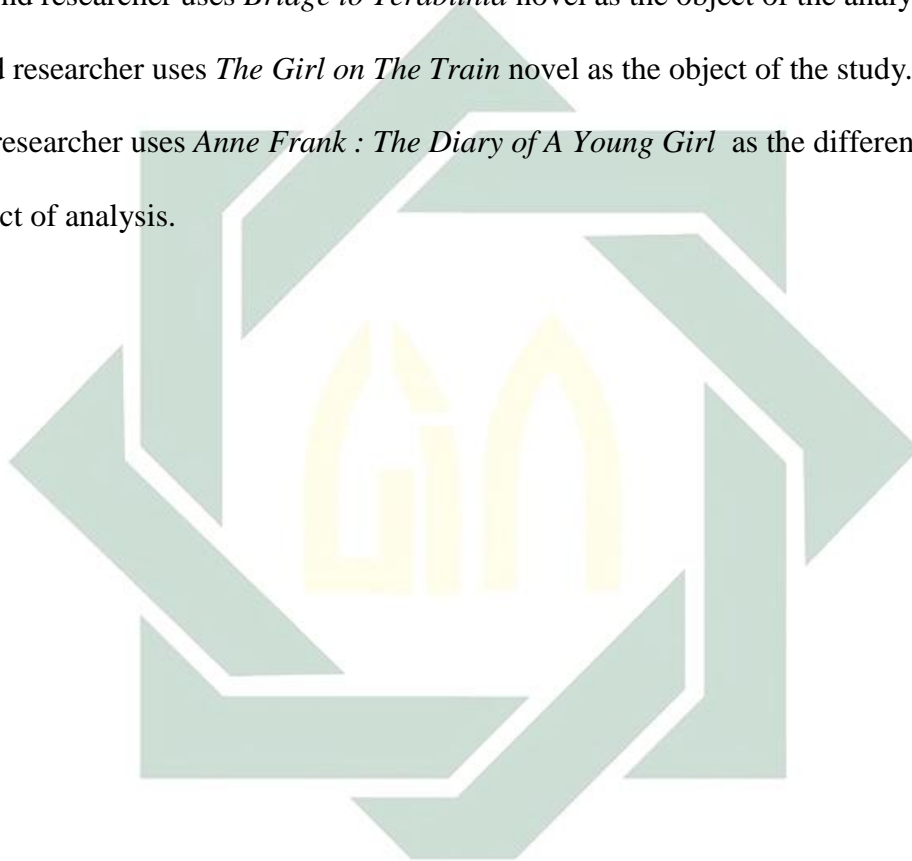
explains about the characterization of the two main characters, causes of the anxiety; and how they apply defense mechanism as the way to reduce their anxiety. This research uses a qualitative method and applies Sigmund Freud's psychoanalysis theory. By classifying the main characters anxiety into three 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 research 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.



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 weren’t for them. Although they do tell me that I mustn’t talk so much, that I must be more retiring and not poke my nose wasn’t so patient, I’d be afraid I was going to turn out to be a terrific disappointment to my parents and they are pretty lenient 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 of 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 of discussion that her parents try to calm her down and ask her to be as calm as possible and not get insulted. She is in a panic because she is afraid that her parents would be disappointed with her if she starts to defend herself in front of Mrs. Van Daan. Her feelings refer to this type of anxiety because she loses her ego. She thinks she will be a disappointment to her parents if she stands for herself. So that she feels anxiety.

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

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 frustedated 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 look of 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 dissappointed 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 corne 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, contented, and happy, except when I think about her and her companions in distress? I am selfish and cowardly. Why do I always dream and think of the most terrible things –my fear makes me want to scream out loud 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)

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 attend Jewish schools, and many more restrictions 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 annex. She used to be free hanging out with family and friends. As the rules have been declared, 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 a lot 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 frightened 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 pattern, which daddy and I sewed together in almost unprofessional way. These works of art are fixed in a position with drawing pins, not to come down until we emerge from here”(21)

Anne faced a lot of fear and anxiety once the family started to live in secret annex. 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 oppressed 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, although 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 oppressive 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 Hooven, the Jewish question (which is discussed in

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)

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 have 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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