

**ANXIETY OF THE MAIN CHARACTERS IN KRISTIN
HANNAH'S *THE NIGHTINGALE***

THESIS



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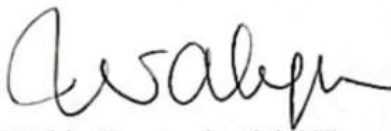
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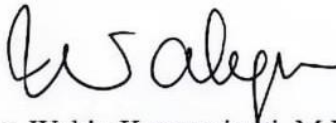
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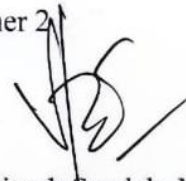
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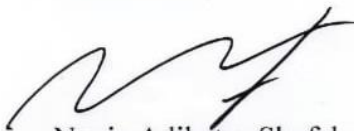
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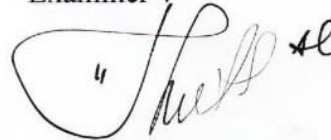
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ABSTRACT

Al Fatih, M. I. (2025). *Anxiety of the Main Characters in Kristin Hannah's The Nightingale*. Program Studi Sastra Inggris, Fakultas Adab dan Humaniora, UIN Sunan Ampel Surabaya. Pembimbing: (I) Dr. Wahyu Kusumajanti, M.Hum., (II) Ramadhina Ulfa Nuristama, M.A.

The research is aimed to examine the anxiety and defense mechanisms of two main characters named Vianne Mauriac and Isabelle Rossignol in Kristin Hannah's novel *The Nightingale*. This novel tells the story of the struggle and resilience of two sisters involved in World War II. This study has two research questions, namely: (1) How is anxiety experienced by the main characters in the novel? (2) How did the main characters overcome their anxiety in the novel?

This research uses a qualitative approach to explore the anxiety and defense mechanisms used by the main characters in Kristin Hannah's novel *The Nightingale*. This approach is used by researchers to explore the psychological and emotional aspects of the main characters more deeply. Data was collected by collecting narratives, dialogues, behaviors, and their interactions with other characters. The data was then analyzed by classifying the types of anxiety and defense mechanisms based on Sigmund Freud's psychoanalysis. The final step is writing the conclusion.

The results of the research show that the main characters experience reality anxiety, neurotic anxiety, and moral anxiety due to internal and external conflicts. Although they both experience these types of anxiety, their responses are different. Vianne prefers to be passive, helpless, and prefer to remain in the war because of her responsibility and as a result of her trauma. Meanwhile, Isabelle chose to rise up and fight the Nazi regime to prove herself to her family as a result of her trauma, so she joined the French resistance and involved in dangerous missions. The researcher also found that Vianne used repression to maintain stability, denial to reject harsh realities, sublimation to give meaning to suffering, projection to relieved internal pressure, rationalization to justify morally driven actions, displacement to manage anxiety in threatening situation, and reaction formation to counter conflicting emotions. On the other hand, Isabelle used repression to cope with trauma, denial to preserve her idealism, sublimation to transform anger into bravery, projection to release emotional pain externally, displacement to relieved internal pressure, and reaction formation to hide emotional weaknesses.

Keywords: psychoanalysis, anxiety, defense mechanism, trauma, novel

ABSTRAK

Al Fatih, M. I. 2025. *Anxiety of the Main Characters in Kristin Hannah's The Nightingale*. Program Studi Sastra Inggris, Fakultas Adab dan Humaniora, UIN Sunan Ampel Surabaya. Pembimbing: (I) Dr. Wahyu Kusumajanti M.Hum., (II) Ramadhina Ulfa Nuristama, M.A.

Penelitian bertujuan untuk meneliti tentang kecemasan dan mekanisme pertahanan dua karakter utama dalam novel Kristin Hannah yang berjudul *The Nightingale*. Novel ini bercerita tentang perjuangan dan ketangguhan dua saudara perempuan yang terlibat dalam Perang Dunia II. Penelitian ini memiliki dua pertanyaan penelitian yaitu (1) Bagaimana kecemasan yang dialami oleh para karakter utama dalam novel tersebut? (2) Bagaimana cara para karakter utama mengatasi kecemasannya dalam novel tersebut?

Penelitian ini menggunakan pendekatan kualitatif untuk mengeksplorasi kecemasan dan mekanisme pertahanan yang digunakan oleh para karakter utama dalam novel Kristin Hannah yang berjudul *The Nightingale*. Pendekatan ini digunakan oleh peneliti untuk bisa mengeksplorasi aspek psikologis dan emosional para karakter utama dengan lebih mendalam. Data dikumpulkan dengan mengumpulkan narasi, dialog, perilaku, dan interaksi mereka dengan karakter-karakter lain. Data tersebut kemudian dianalisis dengan mengelompokkan jenis-jenis kecemasan dan mekanisme pertahanan berdasarkan teori psikoanalisis Sigmund Freud. Langkah terakhir adalah menuliskan kesimpulan.

Hasil penelitian menunjukkan bahwa Vianne dan Isabelle mengalami kecemasan realitas, kecemasan neurotik, dan kecemasan moral yang disebabkan oleh konflik internal maupun eksternal. Meskipun sama-sama mengalami jenis-jenis kecemasan tersebut, namun respons mereka berbeda. Vianne lebih memilih untuk bersikap pasif, tidak berdaya, dan tetap bertahan dalam kondisi perang tersebut karena tanggung jawabnya serta akibat dari traumanya. Sementara Isabelle lebih memilih untuk bangkit dan melawan rezim Nazi untuk membuktikan diri kepada keluarganya akibat dari traumanya, sehingga ia bergabung menjadi anggota pasukan perlawanan Perancis dan terlibat dalam misi-misi berbahaya. Peneliti juga menemukan bahwa Vianne menggunakan represi untuk mempertahankan stabilitas, penyangkalan untuk menolak kenyataan yang keras, sublimasi untuk memberikan makna pada penderitaan, proyeksi untuk meredakan tekanan internal, rasionalisasi untuk membenarkan tindakan yang didorong oleh moral, pengalihan untuk mengelola kecemasan dalam situasi yang mengancam, dan pembentukan reaksi untuk melawan emosi yang bertentangan. Di sisi lain, Isabelle menggunakan represi untuk mengatasi trauma, penyangkalan untuk mempertahankan idealismenya, sublimasi untuk mengubah amarah menjadi keberanian, proyeksi untuk melepaskan rasa sakit emosional secara eksternal, pengalihan untuk meredakan tekanan internal, dan pembentukan reaksi untuk menyembunyikan kelemahan emosional.

Kata Kunci: psikoanalisis, kecemasan, mekanisme pertahanan, trauma, novel

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