

**ISABELLE DRAKE'S ANXIETY AND DEFENSE
MECHANISM IN STACY WILLINGHAM'S *ALL THE
DANGEROUS THINGS***

THESIS



**UIN SUNAN AMPEL
S U R A B A Y A**

BY:

SATRIA DIRGANTARA PUTRA ARIANTO

REG. NUMBER 03020321081

**ENGLISH LITERATURE DEPARTMENT
FACULTY OF ADAB AND HUMANITIES
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL
SURABAYA**

2025

DECLARATION

I am the undersigned below:

Name : Satria Dirgantara Putra Arianto

NIM : 03020321081

Department : English Literature

Faculty : Adab and Humanities

University : UIN Sunan Ampel

declare that the thesis entitled:

Isabelle Drake's Anxiety and Defense Mechanism in Stacy Willingham's *All The Dangerous Things*

is my own work, and not a plagiarism/fabrication in part or in whole.

If in the future it is proven that this thesis results from plagiarism/fabrication, either in part or whole, then I am willing to accept sanctions for such actions in accordance with the applicable provisions.

Surabaya, 11 June 2025

Who makes the statement



Satria Dirgantara Putra Arianto

Reg. Number. 03020321081

APPROVAL SHEET

ISABELLE DRAKE'S ANXIETY AND DEFENSE MECHANISM IN
STACY WILLINGHAM'S *ALL THE DANGEROUS THINGS*

Satria Dirgantara Putra Arianto

Reg. Number 03020321081

approved to be examined by the board of examiners of English Literature
Department, Faculty of Adab and Humanities, UIN Sunan Ampel Surabaya

Surabaya, 11 June 2025

Advisor 1



Ramadhina Ulfa Nuristama, M.A.
NIP. 199203062020122019

Advisor 2



Dr. Wahyu Kusumajanti, M.Hum
NIP. 197002051999032002

Acknowledged by
The Head of the English Literature Department



Dr. Endratno Pilih Swasono, S.Pd., M.Pd
NIP. 197106072003121001

EXAMINER SHEET

This is to certify that the *Sarjana* thesis of Satria Dirgantara Putra Arianto (Reg. Number 03020321081) entitled **Isabelle Drake's Anxiety and Defense Mechanism in Stacy Willingham's *All The Dangerous Things*** has been approved and accepted by the board of examiners for the degree of *Sarjana Sastra* (S.S.), English Literature Department, Faculty of Adab and Humanities, UIN Sunan Ampel Surabaya.

Surabaya, 17 June 2025

Board of Examiners:

Examiner 1



Ramadhina Ulfa Nuristama, M.A.
NIP. 199203062020122019

Examiner 2



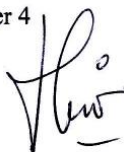
Dr. Abu Fanani, SS, M.Pd
NIP. 196906152007011051

Examiner 3



Jiphie Gilia Indriyani, M.A.
NIP. 198801162019032007

Examiner 4



Itsna Syahadatud Dinurriyah, M.A.
NIP. 197604122011012003

Acknowledged by:

The Dean of Faculty of Adab and Humanities
UIN Sunan Ampel Surabaya



Prof. Dr. Muhammad Zaini, MA
NIP. 197005121995031002



UIN SUNAN AMPEL
SURABAYA

KEMENTERIAN AGAMA
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL SURABAYA
PERPUSTAKAAN

Jl. Jend. A. Yani 117 Surabaya 60237 Telp. 031-8431972 Fax.031-8413300
E-Mail: perpus@uinsby.ac.id

LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI
KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS

Sebagai sivitas akademika UIN Sunan Ampel Surabaya, yang bertanda tangan di bawah ini, saya:

Nama : Satria Dirgantara Putra Arianto
NIM : 03020321081
Fakultas/Jurusan : Adab dan Humaniora / Sastra Inggris
E-mail address : trenthunter943@gmail.com

Demi pengembangan ilmu pengetahuan, menyetujui untuk memberikan kepada Perpustakaan UIN Sunan Ampel Surabaya, Hak Bebas Royalti Non-Eksklusif atas karya ilmiah :

☒ Sekripsi ☐ Tesis ☐ Desertasi ☐ Lain-lain (.....)

yang berjudul :

Isabelle Drake's Anxiety and Defense Mechanism in Stacy Willingham's All The Dangerous

Things

beserta perangkat yang diperlukan (bila ada). Dengan Hak Bebas Royalti Non-Eksklusif ini Perpustakaan UIN Sunan Ampel Surabaya berhak menyimpan, mengalih-media/format-kan, mengelolanya dalam bentuk pangkalan data (database), mendistribusikannya, dan menampilkan/mempublikasikannya di Internet atau media lain secara **fulltext** untuk kepentingan akademis tanpa perlu meminta ijin dari saya selama tetap mencantumkan nama saya sebagai penulis/pencipta dan atau penerbit yang bersangkutan.

Saya bersedia untuk menanggung secara pribadi, tanpa melibatkan pihak Perpustakaan UIN Sunan Ampel Surabaya, segala bentuk tuntutan hukum yang timbul atas pelanggaran Hak Cipta dalam karya ilmiah saya ini.

Demikian pernyataan ini yang saya buat dengan sebenarnya.

Surabaya, 1 Juli 2025

Penulis

(Satria Dirgantara Putra Arianto)

ABSTRACT

Arianto, S.D.P. (2025). *Isabelle Drake's Anxiety and Defense Mechanism In Stacy Willingham's All The Dangerous Things*. English Literature Department, Faculty of Adab and Humanities, UIN Sunan Ampel Surabaya. Advisors: (I) Ramadhina Ulfa Nuristama, M.A., (II) Dr. Wahyu Kusumajanti, M.Hum.

The objective of this research is to explore the anxiety and defense mechanisms exhibited by Isabelle Drake in the novel *All the Dangerous Things*. The story is about Isabelle's feelings as she deals with the pain and problems after losing her child. It also investigates the various defense mechanisms she uses to cope with her inner turmoil. There are two problems to be solved in this study, namely: (1) How is Isabelle Drake's anxiety portrayed in the novel? and (2) How does Isabelle Drake use defense mechanisms to cope with her anxiety?

This study uses a qualitative approach. This method is used by examining Isabelle's story, her monologue, her conversations, and her thoughts in the novel. Data are collected with quotes that describe Isabelle's anxiety and defense mechanisms, which are important factors in understanding her experience. In addition, the data are analyzed in two ways. First, the types of anxiety are classified based on Freud's psychoanalytic theory. Second, the defense mechanisms used are categorized. Finally, the reasons behind the selection of certain mechanisms are explained. These reasons are explained through the psychological and situational contexts faced by Isabelle.

The study found that Isabelle experiences three types of anxiety. The first type is realistic anxiety (fear of external threats, such as her son's kidnapper attending her event). The second type is neurotic anxiety (irrational guilt over possibly hurting Mason while sleepwalking). The third type is moral anxiety (conflict over her sister's death). She utilizes numerous defense mechanisms, such as denial (denying that Mason has gone missing), reaction formation (exaggerating with false generosity), projection (blaming others for her own actions), regression (insomnia in reaction to trauma), and rationalization (justifying violence as self-defense). She also displays fixation, which is when answers are obsessively sought. And the last, she displays introjection, which is when Waylon's theory is adopted.

Keywords: Isabelle Drake, anxiety, *All the Dangerous Things*, psychological analysis, psychological thriller

ABSTRAK

Arianto, S.D.P. (2025). *Kecemasan dan Mekanisme Pertahanan Isabelle Drake Dalam All The Dangerous Things Milik Stacy Willingham*. Program Studi Sastra Inggris, Fakultas Adab dan Humaniora, UIN Sunan Ampel Surabaya. Pembimbing: (I) Ramadhina Ulfa Nuristama, M.A., (II) Dr. Wahyu Kusumajanti, M.Hum.

Tujuan dari penelitian ini adalah untuk mengeksplorasi kecemasan dan mekanisme pertahanan yang ditunjukkan oleh Isabelle Drake dalam novel *All the Dangerous Things*. Cerita tersebut berkisah tentang perasaan Isabelle saat ia menghadapi rasa sakit dan masalah setelah kehilangan anaknya. Penelitian ini juga menyelidiki berbagai mekanisme pertahanan yang ia gunakan untuk mengatasi gejala batinnya. Ada dua masalah yang ingin dipecahkan dalam penelitian ini, yaitu: (1) Bagaimana kecemasan Isabelle Drake digambarkan dalam novel ini? dan (2) Bagaimana Isabelle Drake menggunakan mekanisme pertahanan untuk mengatasi kecemasannya?

Penelitian ini menggunakan pendekatan kualitatif. Metode ini digunakan dengan cara meneliti cerita Isabelle, monolog, percakapan, dan pemikirannya dalam novel. Data dikumpulkan dengan kutipan-kutipan yang menggambarkan kecemasan dan mekanisme pertahanan Isabelle, yang merupakan faktor penting dalam memahami pengalamannya. Selain itu, data dianalisis dengan dua cara. Pertama, jenis-jenis kecemasan diklasifikasikan berdasarkan teori psikoanalisis Freud. Kedua, mekanisme pertahanan yang digunakan dikategorikan. Terakhir, alasan di balik pemilihan mekanisme tertentu dijelaskan. Alasan-alasan ini dijelaskan melalui konteks psikologis dan situasional yang dihadapi oleh Isabelle.

Penelitian ini menemukan bahwa Isabelle mengalami tiga jenis kecemasan. Jenis pertama adalah kecemasan realistis (ketakutan akan ancaman eksternal, seperti penculik putranya yang menghadiri acaranya). Tipe kedua adalah kecemasan neurotik (rasa bersalah yang tidak rasional karena mungkin menyakiti Mason saat tidur sambil berjalan). Jenis ketiga adalah kecemasan moral (konflik atas kematian adiknya). Dia menggunakan berbagai mekanisme pertahanan, seperti penyangkalan (menyangkal bahwa Mason telah hilang), pembentukan reaksi (membesar-besarkan dengan kemurahan hati yang palsu), proyeksi (menyalahkan orang lain atas tindakannya sendiri), regresi (insomnia sebagai reaksi atas trauma), dan rasionalisasi (membenarkan kekerasan sebagai pertahanan diri). Ia juga menunjukkan fiksasi, yaitu ketika jawaban dicari secara obsesif. Dan yang terakhir, dia menunjukkan introjeksi, yaitu ketika teori Waylon diadopsi.

Kata Kunci: isabelle drake, kegelisahan, all the dangerous things, analisis psikologis, thriller psikologis

TABLE OF CONTENTS

Inside Cover Page	i
Inside Title Page	i
Approval Sheet	ii
Examiners' Sheet	iii
Declaration	iv
Acknowledgements	v
Abstract	vii
Abstrak	viii
Table of Contents	ix
 CHAPTER I INTRODUCTION	 1
1.1 Background of the Study.....	1
1.2 Problems of the Study	3
1.3 Objectives of the Study	3
1.4 Significances of the Study.....	4
1.5 Scope and Delimitations	5
1.6 Definition of Key Terms	5
 CHAPTER II REVIEW OF RELATED LITERATURE	 6
2.1 Psychoanalysis Theory.....	6
2.2 Anxiety	7
2.2.1 Neurotic Anxiety.....	9
2.2.2 Realistic Anxiety.....	10
2.2.3 Moral Anxiety	11
2.3 Defense Mechanism.....	12
2.3.1 Repression.....	14
2.3.2 Denial.....	14
2.3.3 Reaction Formation.....	15
2.3.4 Projection	15
2.3.5 Regression.....	15
2.3.6 Rationalization	16
2.3.7 Displacement.....	16
2.3.8 Sublimation	17
2.3.9 Fixation	17
2.3.10 Introjection.....	18

CHAPTER III RESEARCH METHOD	19
3.1 Research Design.....	19
3.2 Data Collection.....	20
3.2.1 Research Data.....	20
3.2.2 Data Collection Technique.....	21
3.3 Data Analysis Technique	21
 CHAPTER IV ANALYSIS	 23
4.1 Isabelle's Anxiety.....	23
4.1.1 Isabelle's Paranoia	23
4.1.2 Isabelle's Insecurity	28
4.1.3 Isabelle's Guilt	32
4.2 Isabelle's Self-defense	33
4.2.1 Isabelle's Resistance	33
4.2.2 Isabelle's Suspicion and Accusation.....	37
4.2.3 Isabelle's Defense and Past Trauma	40
 CHAPTER V CONCLUSIONS AND SUGGESTIONS.....	 49
5.1 Conclusions.....	49
5.2 Suggestions	50
REFERENCES	53
CURRICULUM VITAE.....	60

UIN SUNAN AMPEL
S U R A B A Y A

REFERENCES

- Ball, T. M., & Gunaydin, L. A. (2022). Measuring Maladaptive Avoidance: From Animal Models to Clinical Anxiety. *Neuropsychopharmacology*, 47, 978–986. <https://doi.org/10.1038/s41386-021-01263-4>
- Bargh, J. A., & Morsella, E. (2008). The Unconscious Mind. *Perspectives on Psychological Science*, 3(1), 73–79. <https://doi.org/10.1111/j.1745-6916.2008.00064.x>
- Beckley, K. (2022). Schema Chemistry: An Interpersonal Framework for Making Sense of Intimate Partner Violence. *Journal of Clinical Psychology*, 78(1), 38–49. <https://doi.org/10.1002/jclp.23295>
- Brophy, H., Olson, J., & Paul, P. (2023). Eco-Anxiety in Youth: An Integrative Literature Review. *International Journal of Mental Health Nursing*, 32(3), 633–661. <https://doi.org/10.1111/inm.13099>
- Chahyawati, D., Adam, M., & Janah, U. (2022). Defense Mechanism to Overcome Anxiety in Violet Evergarden Volume 2 by Kana Akatsuki. *Prologue: Journal on Language and Literature*, 8(2), 91–101. https://prologue.sastra.uniba-bpn.ac.id/index.php/jurnal_prologue
- Chatterjee, I. (2024). Is Defense a Way of Coping? *Academic Bulletin of Mental Health*, 2, 6. https://doi.org/10.25259/ABMH_9_2023
- Citrasari, A., & Rahayu, E. Y. (2024). Manipulative and Possessive : Exposing Jacqueline de Bellefort ' s Character. *JELITA: Journal of English Language Teaching and Literature*, 5(2), 346–363.
- Cornelia, C., & Limanta, L. S. (2022). Maleficent's Personality Changes in

Maleficent. *Kata Kita*, 10(2), 239–245.

<https://doi.org/10.9744/katakita.10.2.239-245>

Fabbri, C., Mutz, J., Lewis, C. M., & Serretti, A. (2023). Depressive Symptoms and Neuroticism-Related Traits are the Main Factors Associated With Wellbeing Independent of the History of Lifetime Depression in the UK Biobank. *Psychological Medicine*, 53, 3000–3008.

<https://doi.org/10.1017/S003329172100502X>

Farah Mufidah, Maulana Andhika Aryaputra, & Whida Rositama. (2022). Anxiety and Defense Mechanism Portrayed by Mort Rainey in Secret Window Film (A Psychoanalytical Study). *CONSEILS: Jurnal Bimbingan Dan Konseling Islam*, 2(2), 10–23. <https://doi.org/10.55352/bki.v2i2.655>

Feist, G. J., Roberts, T.-A., & Feist, J. (2021). Theories of Personality. In *Perceptual and Motor Skills* (10th Editi, Vol. 54, Issue 3_suppl). McGraw-Hill Education.

Fiorenza, E., Santodoro, M., Dazzi, N., & Gazzillo, F. (2023). Safety in Control-Mastery Theory. *International Forum of Psychoanalysis*, 32(2), 93–104.

<https://doi.org/10.1080/0803706X.2023.2168056>

Freeman, D., Pugh, K., Antley, A., Slater, M., Bebbington, P., Gittins, M., Dunn, G., Kuipers, E., Fowler, D., & Garety, P. (2008). Virtual reality study of paranoid thinking in the general population. *British Journal of Psychiatry*, 192(4), 258–263. <https://doi.org/10.1192/bjp.bp.107.044677>

Freud, S. (1926). *Inhibitions, Symptoms and Anxiety*. London: The Hogarth Press.

Frosh, S. (2021). Psychoanalysis in the Wake. *Psychoanalysis, Culture and*

Society, 26, 414–432. <https://doi.org/10.1057/s41282-021-00219-3>

Gagnon, J., Quansah, J. E., & McNicoll, P. (2022). Cognitive Control Processes and Defense Mechanisms That Influence Aggressive Reactions: Toward an Integration of Socio-Cognitive and Psychodynamic Models of Aggression. *Frontiers in Human Neuroscience*, 15.

<https://doi.org/10.3389/fnhum.2021.751336>

Heidarizadeh, N. (2015). The Significant Role of Trauma in Literature and Psychoanalysis. *Procedia - Social and Behavioral Sciences*, 192, 788–795. <https://doi.org/10.1016/j.sbspro.2015.06.093>

Jamal, G. (2023). Ego Defense Mechanisms and Personality: Comparison of Adaptive Versus Maladaptive Perfectionism in Indian Young Adults. *International Journal of Innovation and Multidisciplinary Research (IJIAMR)*, 3(1), 27–35.

Janecký, D., Kučera, E., & Haffner, O. (2022). HoloLens 2 and Virtual Reality as Methods for Managing Phobias. *2022 Cybernetics & Informatics (K&I)*, 1–7. <https://doi.org/10.1109/KI55792.2022.9925954>

Johnson, B., Brand, D., Zimmerman, E., & Kirsch, M. (2022). Drive, Instinct, Reflex—Applications to Treatment of Anxiety, Depressive and Addictive Disorders. *Frontiers in Psychology*, 1–10. <https://doi.org/10.3389/fpsyg.2022.870415>

Lauriano, L. A., Reinecke, J., & Etter, M. (2022). When Aspirational Talk Backfires: The Role of Moral Judgements in Employees' Hypocrisy Interpretation. *Journal of Business Ethics*, 181(4), 827–845.

<https://doi.org/10.1007/s10551-021-04954-6>

Leeming, D., Lucock, M., Shibazaki, K., Pilkington, N., & Scott, B. (2022). The Impact of the COVID-19 Pandemic on Those Supported in the Community with Long-Term Mental Health Problems: A Qualitative Analysis of Power, Threat, Meaning and Survival. *Community Mental Health Journal*, 58, 1297–1309. <https://doi.org/10.1007/s10597-021-00932-4>

Leonardi, J., Gazzillo, F., & Dazzi, N. (2021). The Adaptive Unconscious in Psychoanalysis. *International Forum of Psychoanalysis*, 201–217. <https://doi.org/10.1080/0803706X.2021.1893382>

Madani, S. (2022). The Individualism/Collectivism Dichotomy in N. Hawthorne's Novel "the Scarlet Letter." *PEOPLE: International Journal of Social Sciences*, 8(2), 40–50. <https://doi.org/10.20319/pijss.2022.82.4050>

Maghfiro, D. L., Ashifa, F. N., & Ramadhani, A. (2024). The Psychological Complexity of Amara Nibiru in Butterflies by Ale : A Psychoanalytic Exploration through Freud ' s Theories. *International Journal of Linguasphere*, 1(1), 20–31.

Nurcahya, R., & Juanda, J. (2024). Puss' Anxiety and Defense Mechanism in The Puss In Boots: The Last Wish Movie. *Mahadaya: Jurnal Bahasa, Sastra, Dan Budaya*, 4(2), 187–196. <https://doi.org/10.34010/mhd.v4i2.13748>

Ozturk, E. (2023). Shared Dissociative Identity Disorder and Defector Alter Personality: Controlled Human Syndrome and the Objectification Trap Phenomenon as a Gaslighting Form Based on Dissociative Narcissism—A Dissoanalysis Theory and Dissoanalytic Psychohistorical Perspe. *Medicine*

Science International Medical Journal, 12(2), 495–521.

<https://doi.org/10.5455/medscience.2023.04.053>

Rosso, A. M. (2022). Psychoanalytic Interventions with Abusive Parents: An Opportunity for Children's Mental Health. *International Journal of Environmental Research and Public Health*, 19, 1–23.

<https://doi.org/10.3390/ijerph192013015>

Sartika, Adam, A., Kamaruddin, S. A., & Ansyaruddin. (2024). Personality Development in Psychoanalytic Perspective: Literature Review. *International Journal of Health, Economics, and Social Sciences (IJHES)*, 6(1), 143–147. <https://doi.org/10.56338/ijhess.v6i1.4753>

Schultz, D. P., & Schultz, S. E. (2008). *A History of Modern Psychology*.

Belmont: Thomson learning. <https://doi.org/10.1017/9781316272442>

Schultz, D. P., & Schultz, S. E. (2017). *Theories of Personality*. Boston: Cengage Learning. <https://rameliaz.github.io/files/course-materials/Theories of Personality.pdf>

Shill, M. (2022). Adaptation, Affect, and the Ego – Some Thoughts on Hartmann. *Psychoanalytic Inquiry*, 42(3), 204–216.

<https://doi.org/10.1080/07351690.2022.2047383>

Stallman, H. M., & Kohler, M. (2016). Prevalence of Sleepwalking: A Systematic Review and Meta-Analysis. *PLOS ONE*, 11(11).

<https://doi.org/10.1371/journal.pone.0164769>

Tanzilli, A., Di Giuseppe, M., Giovanardi, G., Boldrini, T., Caviglia, G.,

Conversano, C., & Lingardi, V. (2021). Mentalization, attachment, and

- defense mechanisms: a Psychodynamic Diagnostic Manual-2-oriented empirical investigation. *Research in Psychotherapy: Psychopathology, Process and Outcome*, 24(1). <https://doi.org/10.4081/ripppo.2021.531>
- Taschereau-Dumouchel, V., Michel, M., Lau, H., Hofmann, S. G., & LeDoux, J. E. (2022). Putting the “Mental” Back in “Mental Disorders”: A Perspective from Research on Fear and Anxiety. *Molecular Psychiatry*, 27, 1322–1330. <https://doi.org/10.1038/s41380-021-01395-5>
- Tomasi, J., Zai, C. C., Pouget, J. G., Tiwari, A. K., & Kennedy, J. L. (2024). Heart Rate Variability: Evaluating a Potential Biomarker of Anxiety Disorders. *Psychophysiology*, 61, 1–23. <https://doi.org/10.1111/psyp.14481>
- Topino, E., Cacioppo, M., Dell’Amico, S., & Gori, A. (2024). Risk Factors for Love Addiction in a Sample of Young Adult Students: A Multiple Mediation Model Exploring the Role of Adult Attachment, Separation Anxiety, and Defense Mechanisms. *Behavioral Sciences*, 14(12), 1222. <https://doi.org/10.3390/bs14121222>
- van den Berg, T. G. C., Kroesen, M., & Chorus, C. G. (2022). Why Are General Moral Values Poor Predictors of Concrete Moral Behavior in Everyday Life? A Conceptual Analysis and Empirical Study. *Frontiers in Psychology*, 13, 1–20. <https://doi.org/10.3389/fpsyg.2022.817860>
- Willingham, S. (2023). *All The Dangerous Things*.
- Young, G. (2022). Broadening Defense Mechanisms: Literature Review and Discussion. In *Causality and Neo-Stages in Development* (pp. 309–351). Springer International Publishing. <https://doi.org/10.1007/978-3-030-82540->