

CHAPTER I

INTRODUCTION

A. Background of The Research

Every human being has some problems which cover up their lives. Those problems can be caused by many things around such as family, friends, job, or environment. There is no wonder that those problems often make people so frustrated, despair, worry, and frightened about something worst where by it certain called by as anxiety. According to Freud (in Corey,2010) “Anxiety is an erective condition which motivates someone to do something, the function is for giving a warning about something dangerous, namely signal for ego that will be increase continuously if someone does not take the suitable action for reducing the anxiety”.

Anxiety should not be ignored since it can bring to anxiety disorder and also eternal unpleasant feeling. In avoiding those impacts, everyone has to solve anxiety immediately. Since the anxiety occurs, the self defense mechanism is activated. They have to do a kind of protection by employing an effective way to make them more calm and comfortable in life. In psychological world, it is called as self defense mechanism which is believed as a protection to reduce anxiety. Freud states that “ the term of self defense mechnism refers to someone’s unconscious mind that save him from anxiety, this mechanism protects him from external threatening or impulse which appears from internal anxiety by distorting reality with some ways” (hilgard, et al., 2009:215)

10 Things I Can See From Here is a sincere contemporary novel showcasing the life of Maeve who struggles with anxiety. She is sent to live with her father, and his family, for six months which erupt a lot of nervousness within Maeve. Her life is not always happy and steady. Things are always changing despite her best efforts to keep them the same, and she is constantly suffering from thoughts that cause her to panic during every day situations. So living with her father for six months is sure to cause some issues.

But then something strange happens: Maeve meets Salix. Salix is a musician and they become best friend since then. She knows exactly the right things to say when Maeve is feeling anxious. And she loves spending time with Maeve's crazy family. Maeve holds on to Salix's positivity and strong heart and begins to embrace her months in Vancouver. She goes on adventures, draws in her sketchbook and begins to enjoy her life. Moment by moment she pulls herself closer to the people she loves.

Withdrawal and avoidance effectively reduce social anxiety, at least in the short term. For many shy teens, it is much easier to interact with the computer than to go to a party. It was happening to Maeve, the main character in this novel, she is been struggling with severe anxiety for a long time, and as much as she wishes it was something she could just talk herself out of, it is not. She constantly imagines the worst, composes obituaries in her head, and is always ready for things to fall apart. So, that is why when her mother send her to live with her father and his new wife for awhile, Maeve's life pretty much turns upside down. Obviously, Vancouver brings a piece of new worries, but Maeve finds brief moments of calm (as well as even more worries) with Salix, a local girl who does not seem to worry about anything. So, I believe, through Salix and others, Maeve unconsciously using self defense mechanism to overcome her anxieties.

The research will be analyzed both using intrinsic and extrinsic (psychology) approaches with literature devices. It will be done in qualitative method, and the data that supports the research will be collected by reading some books in library, also journals and articles from internet resources.

B. Identification of the Problem

Based on the background of the problems above, the problem is identified based on Sigmund Freud's Self Defense Mechanism that is reflected in the story. Therefore, I assume that Sigmund Freud's Self Defense Mechanism is reflected in Carrie Mac's novel *10 Things I Can See From Here*.

C. Limitation of the Problem

According to the identification of the problems above, the problems of this research are limited to Self Defense Mechanism based on Sigmund Freud's theory. The applied concepts are through intrinsic approaches, such as showing and telling method, characterization, plot, and setting, as well as an extrinsic approach which is psychological, Self Defense Mechanism.

D. The Formulation of the Problem

Based on the limitation of the problems above, the problems in this research can be formulated accordingly to prove the reflection of Edmund Freud's Self Defense Mechanism in Carrie Mac's novel *10 Things I Can See From Here* which become the assumption of this research. Therefore, the problems in this research are formulated as follows.

1. What are the characterization of this novel through telling and showing method?
2. What are the setting and the plot of this novel?
3. What are the reflections of self defense mechanism through the characterizations, setting and plot?
4. What does the theme of this novel reinforce through the results of analysis of the intrinsic and extrinsic approaches?

E. Objective of the Research

The objective of the study in this research are to understand self defense mechanisms that are used by the main character in the novel and to serve the best answer based on the problem of the study above. Those are :

1. To analyze the characterizations by using telling and showing method.
2. To analyze the setting and plot in this story.
3. To analyze the reflections of self defense through characterizations, setting, and plot.
4. To reinforced the theme by using intrinsic and extrinsic approaches.

F. Methods of the Research

In this research, I will use method or technic qualitative, kind of research library, research interpretative or analysis by method to collect a sources from several references, there are the novel entitled *10 Things I Can See From Here* by Carrie Mac as primary source and support by some of literature that have relation with the theory, concept, and definition which are appropriate as an extra source.

G. Benefits of the Research

This research is expected to provide benefits for them who are interested in learning and obtaining a deep understanding about the novel *10 Things I Can See From Here*, because it is done through a new perspective, that is using psychology as the extrinsic approach, particularly based on theory about Self Defense Mechanism.

H. The Systematic Organization of the Reasearch

In accordance to the title of the research above, the order of the presentation is written as follows:

CHAPTER I : INTRODUCTION

It consists of : the background of the problems, identification of the problems, the limitation of the problems, the formulation of the problems, the objectives of the research, the framework of the research, The methods of the research, the Systematic organization of the research.

CHAPTER II : FRAMEWORK OF THE THEORIES

It consists of: the explanation of the concepts and theories. It includes intrinsic and extrinsic approaches. Intrinsic approach includes characterization (showing and telling methods), setting and plot. Through extrinsic

approach, I use theoretical framework – psychological approaches are the denial and the displacement as self defense mechanism.

CHAPTER III : NOVEL *10 THINGS I CAN SEE FROM HERE*
THROUGH INTRINSIC APPROACH

It consists of: analysis of characterization through showing and telling methods, analysis of setting and plot through the concept of setting and plot. The analysis above are shown in some sub-chapters.

CHAPTER IV : REFLECTION OF SIGMUND FREUD’S SELF
DEFENSE MECHANISM

It consists of: analysis of the novel which reflects the denial and the displacement as self defense mechanism. The analyses above are shown in some sub-chapters.

CHAPTER V : CONCLUSION

It consists of: an evaluation from the previous chapters and the implication of the evaluated result.

ENCLOSURES : ATTACHMENTS

The chapters above are followed by references, scheme of the research, research poster, curriculum vitae, and other required attachments.