

**THE REFLECTION OF ANXIETY AND DEFENCE  
MECHANISM ON JIMMY KAGA RICCI  
CHARACTER IN ALICE OSEMAN'S NOVEL  
*I WAS BORN FOR THIS***

**TERM PAPER**

By

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**STRATA ONE (S-1) OF ENGLISH LANGUAGE AND CULTURE DEPARTMENT  
FACULTY OF LANGUAGE AND CULTURE  
DARMA PERSADA UNIVERSITY  
2021**

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Submitted in part-fulfillment of the requirements for obtaining  
*Sarjana Linguistik (S.Li)* degree



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2021**

## INTELLECTUAL PROPERTY STATEMENT

I hereby declare that the term-paper is the result of my own work and not plagiarism of another work, the contents has become my responsibility. All the sources of my research and quoted or referenced have been stated correctly.

Jakarta, 22 January 2021



Intan Permata Sari



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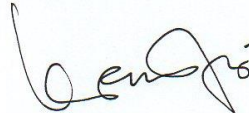
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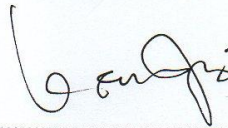
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I really hope that this research could give the contribution to the language education, especially in the field of literature and to further study of phenomenon research and for the reader to understand how to apply literary approaches, intrinsic and extrinsic, with the theme of the novel. Furthermore, hopefully, this research would be useful for the reader who has an interest in literary work and other useful things in this research and this term-paper is far from perfection, suggestions and constructive criticism are welcome.

Jakarta, February 17, 2021

Writer



Intan Permata Sari

## ABSTRACT

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Study Program : Strata One (S-1) of English Language and Culture

Title of the term paper : The Reflection of Anxiety and Defence Mechanism on Jimmy Kaga Ricci Character in Alice Oseman's Novel *I Was Born For This*

*I Was Born For This* is a young adult fiction novel written by Alice Oseman, a British author. It has a character named Jimmy, he is the lead of The Ark, a famous british boy band. Jimmy always feels afraid, panic, worry, and guilty. To overcome and feel secure toward those feelings, he wants to stop being an artist. He is a unique character because an artist usually doesn't care about his fans. He is different, he still has social sensitivity. He felt guilty towards his fans for feeling that he was not like what his fans wanted him to be. This term-paper discusses about the theme of a novel. This research aims to describe type and factor of anxiety that is used by Jimmy, and to explain the defence mechanism as a strategy to reduce his anxiety. This research applies Psychoanalysis theory by Sigmund Freud to analyze the anxiety and defense mechanism that appear in Jimmy's character. The researcher uses a qualitative method of study. Two approaches, intrinsic and extrinsic approaches, are applied to analyze this novel. The concepts that is applied to analyze through intrinsic approach consists of characterization by using showing and telling methods, plot and setting. The concept to analyse through extrinsic approach is anxiety and defence mechanism. This research explains about the reflection of anxiety and defence mechanism in character Jimmy Kaga Ricci as well as its relation to other intrinsic elements. In this research, *I Was Born For This* novel is the primary sources and supported by some of relevant theories, concepts, and definitions which as secondary sources. From the analysis, it can be concluded that Jimmy suffers all the type of anxiety; neurotic, moral, and realistic anxiety. Finally, to cope Jimmy's anxious feeling, Jimmy uses five defence mechanisms. They are rationalization, aggression, apathy, fantasy, and stereotype.

**Keywords:** *Characterization, I Was Born For This Novel, Anxiety, Defence Mechanism, Psychology of Literature*

## ABSTRAK

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Judul Skripsi : The Reflection of Anxiety and Defence Mechanism on Jimmy Kaga Ricci Character in Alice Oseman's Novel *I Was Born For This*

*I Was Born For This* adalah sebuah novel fiksi dewasa muda yang dikarang oleh penulis Inggris, Alice Oseman. Novel ini memiliki seorang tokoh bernama Jimmy, dia adalah vokalis The Ark, sebuah band laki-laki Inggris yang terkenal. Jimmy selalu merasa takut, panik, cemas, dan bersalah. Untuk menguasai dan merasa aman terhadap perasaan-perasaan tersebut, dia akhirnya ingin berhenti menjadi artis. Dia adalah tokoh yang unik karena seorang artis biasanya tidak peduli dengan fansnya. Dia berbeda, dia masih memiliki kepekaan sosial. Dia merasa bersalah kepada fansnya karena merasa dia tidak seperti yang fansnya inginkan. Skripsi ini membahas tema sebuah novel. Penelitian ini bertujuan untuk mendeskripsikan tipe dan faktor kecemasan yang digunakan oleh karakter ini. Penelitian ini juga memaparkan mekanisme-mekanisme pertahanan untuk mengurangi kecemasan Jimmy. Teori yang digunakan dalam penelitian ini adalah teori Psikoanalisis oleh Sigmund Freud dengan konsentrasi dalam teori kecemasan dan mekanisme pertahanan. Peneliti menggunakan metode kualitatif untuk menganalisis data. Dua pendekatan, pendekatan intrinsik dan ekstrinsik, digunakan untuk menganalisis naskah novel ini. Konsep-konsep yang digunakan untuk menganalisis melalui pendekatan intrinsik meliputi karakterisasi melalui metode langsung dan tidak langsung, alur dan latar. Konsep untuk menganalisis melalui pendekatan ekstrinsik adalah teori kecemasan dan mekanisme pertahanan diri. Penelitian ini membahas tentang cerminan teori kecemasan dan mekanisme pertahanan diri dalam karakter Jimmy Kaga Ricci, serta kaitannya dengan unsur-unsur intrinsik lainnya. Novel *I Was Born For This* merupakan sumber primer dalam skripsi ini dan didukung oleh teori-teori, konsep dan definisi terkait yang menjadi sumber sekunder. Dari analisis yang didapat, penelitian ini merangkum bahwa Jimmy menderita semua tipe-tipe kecemasan; neurotik, moral, dan realistik. Terakhir, untuk mengatasi perasaan cemas Jimmy, dia menggunakan lima mekanisme pertahanan. Mekanisme itu adalah represi, rasionalisasi, agresi, apatis, fantasi dan stereotype.

**Kata Kunci:** Karakterisasi, Novel *I Was Born For This*, Kecemasan, Mekanisme Pertahanan Diri, Psikologi Sastra

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