TRAUMA AND ANXIETY LEADS TO DEFENSE MECHANISM IN THE MAIN CHARACTER OF STEPHANIE FOO'S NOVEL WHAT MY BONES KNOW

TERM PAPER



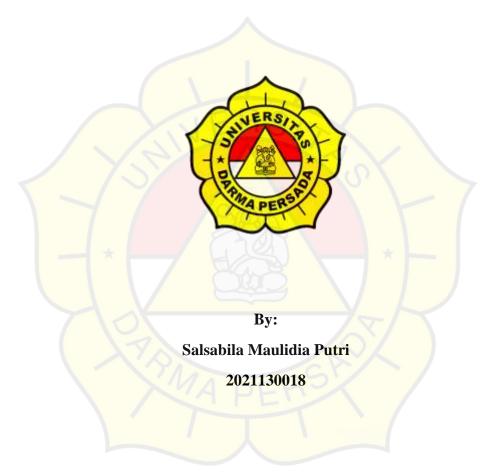
ENGLISH LANGUAGE AND CULTURE DEPARTMENT FACULTY OF LANGUAGE AND CULTURE DARMA PERSADA UNIVERSITY JAKARTA

2025

TRAUMA AND ANXIETY LEADS TO DEFENSE MECHANISM IN THE MAIN CHARACTER OF STEPHANIE FOO'S NOVEL WHAT MY BONES KNOW

TERM PAPER

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



ENGLISH LANGUAGE AND CULTURE DEPARTMENT FACULTY OF LANGUAGE AND CULTURE DARMA PERSADA UNIVERSITY JAKARTA

2025

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.



LETTER OF APPROVAL

On recommendation of respective Supervisor, Academic Advisor, and Head of the Department, the term-paper submitted by Salsabila Maulidia Putri entitled "Trauma And Anxiety Leads To Defense Mechanism In The Main Character Of Stephanie Foo's Novel What My Bones Know" has been approved and forwarded to the English Language and Culture Department, Darma Persada University, for final evaluation before the thesis defense for obtaining Sarjana Linguistik (S.Li.) degree to the respective candidate.

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TERM PAPER VALIDATION

On February 5th, 2025, the term paper has been academically tested and defended in front of

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Jakarta, January 20, 2025

Salsabila Maulidia Putri

TRAUMA AND ANXIETY LEADS TO DEFENSE MECHANISM IN THE MAIN CHARACTER OF STEPHANIE FOO'S NOVEL WHAT MY BONES **KNOW**

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ABSTRACT

This study investigates the interaction of trauma, anxiety, and defensive mechanisms in the main character in Stephanie Foo's novel, What My Bones Know. Using Sigmund Freud's trauma theory and Albertine Minderop's theory of anxiety and defense mechanisms, also using Pickering and Hoeper's framework of characterization, plot, and setting to enhance the literary analysis. The memoir offers a compelling narrative of childhood emotional neglect and its aftermath, highlighting how cultural expectations and familial pressures shape the character's journey of self-discovery. The study delves into specific instances where anxiety manifests as a response to the protagonist's unresolved trauma, leading to the emergence of defense mechanisms such as denial, repression, and displacement. These mechanisms are explored as both adaptive and maladaptive responses that reflect the character's attempts to navigate her pain and achieve healing. By integrating psychological theories with literary analysis, this research aims to contribute to discussions on the role of trauma and mental health in literature. Furthermore, it underscores the broader implications of healing and resilience, particularly in the context of immigrant families and cultural identity. The findings provide valuable insights into the intersection of personal narrative, mental health, and cultural dynamics.

Keywords: Trauma, Anxiety, Defense Mechanism, Mental Health, Stephanie Foo.

TRAUMA DAN KECEMASAN MENGARAH PADA MEKANISME PERTAHANAN PADA KARAKTER UTAMA DALAM NOVEL WHAT MY BONES KNOW KARYA STEPHANIE FOO

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ABSTRAK

Penelitian ini menyelidiki interaksi antara trauma, kecemasan, dan mekanisme pertahanan pada tokoh utama dalam novel Stephanie Foo, What My Bones Know. Analisis ini menggunakan teori trauma Sigmund Freud dan teori kecemas<mark>an serta</mark> mekanisme pertahanan dari Albertine Minderop, serta kerangka kerja Pickering dan Ho<mark>eper tentang karakterisasi, alur, dan latar untuk memperkaya</mark> analisis sastra. Memoar ini me<mark>nyajikan narasi mendalam tent</mark>ang pengabajan emosional pada masa kanak-kanak dan dampakny<mark>a, yang menyoroti bagaimana ekspek</mark>tasi budaya dan tekanan keluarga membentuk perjalanan p<mark>enemuan diri tokoh utama. Penelitia</mark>n ini mendalami contoh-contoh spesifik di mana k<mark>ecema</mark>sa<mark>n muncul sebag</mark>ai r<mark>espons terhadap trauma</mark> yang tidak terselesaikan, yang kemudian memicu mekanisme pertahanan seperti penyangkalan, represi, dan pengalihan. Mekanisme ini dieksplorasi sebagai respons adaptif dan maladaptif yang mencerminkan upaya tokoh uta<mark>ma untuk menghadapi rasa sakitnya dan mencapai penye</mark>mbuhan. Dengan mengintegrasikan teori psikologi ke dalam analisis sastra, penelitian ini bertujuan untuk berkontribusi pada diskusi tentang peran trauma dan kesehatan mental dalam sastra. Selain itu, penelitian ini menyoroti implikasi yang lebih luas tentang penyembuhan dan ketahanan, terutama dalam konteks keluarga imigran dan identitas budaya. Temuan ini memberikan wawasan berharga tentang persimpangan antara narasi pribadi, kesehatan mental, dan dinamika budaya. Kata kunci: Trauma, Kecemasan, Mekanisme Pertahanan, Kesehatan Mental, Stephanie Foo.

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