

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

TERM PAPER



By:

Salsabila Maulidia Putri

2021130018

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

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



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2021130018

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FACULTY OF LANGUAGE AND CULTURE
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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, 20 January 2025



(Salsabila Maulidia Putri)



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.

Supervisor

Signature

Date

(Syarif Hidayat, S.S., M.Hum)



Jakarta, January 20, 2025

**Head of English Language and Culture
Department**

Signature

Date

(Dr. Yoga Pratama, S.S., M.Pd.)



Jakarta, January 20, 2025

Academic Advisor

Signature

Date

(Nurul Fitriani, S.S., M.Hum.)



Jakarta, Januari 20, 2025

Name

: Salsabila Maulidia Putri

Student Number

: 2021130018

TERM PAPER VALIDATION

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

THE BOARD OF EXAMINERS

Ones of whom sit as follows

Advisor

: 
Syarif Hidayat, S.S., M.Hum.

Examiner

: 
Prof. Dr. Albertine Minderop, M.A.

Head Board of Examiners

: 
Drs. Rusdi M. Yusuf, M.Si

Legally validated in Jakarta on February 11th, 2025.

Head of English Language and
Culture Department


Dr. Yoga Pratama, M.Pd.

Dean of Faculty of
Language and Culture,


Dr. C. Dewi Hartati, M. Si.

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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*

Salsabila Maulidia Putri

Maulidiasalsa11@gmail.com

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 Hoepfer'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

Salsabila Maulidia Putri

Maulidiasalsa11@gmail.com

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 kecemasan serta mekanisme pertahanan dari Albertine Minderop, serta kerangka kerja Pickering dan Hooper tentang karakterisasi, alur, dan latar untuk memperkaya analisis sastra. Memoar ini menyajikan narasi mendalam tentang pengabaian emosional pada masa kanak-kanak dan dampaknya, yang menyoroti bagaimana ekspektasi budaya dan tekanan keluarga membentuk perjalanan penemuan diri tokoh utama. Penelitian ini mendalami contoh-contoh spesifik di mana kecemasan muncul sebagai respons terhadap trauma 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 utama untuk menghadapi rasa sakitnya dan mencapai penyembuhan. 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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