

## CHAPTER I

### INTRODUCTION

#### 1.1 Background of the study

Most humans ever feel stress. *According to Cambridge dictionary (2018)*, stress is great worry caused by a difficult situation, or something that causes this condition, whereas people under a lot of stress may experience headaches, minor pains, and sleeping difficulties. Coping with stress is a very interesting thing and now it becomes part of the popular books.

One method focuses on eliminating or reducing the effects of the stressor itself, for example, people who experience severe stress when they get a dead-end solution, will find ways to solve the problem. Generally, a strategy that focuses on this issue is considered the most effective way to combat stress. Another method, dealing with the effects of stress, is most commonly used in cases where stress is serious and difficult to change. The defense mechanism is a method of unconscious handling that helps bury, but does not heal, stress. The form of defense mechanism is usually in the form of expression-behavior and develops based on the level of sensitivity of its expression Sigmund Freud considers repression - pushing sources of stress into the subconscious - one way of coping with stress. Rationalization and rejection are other common emotional responses to stress. There are many types of defense mechanism namely denial, regression, projection, reaction formation, repression, displacement, intellectualization, rationalization and sublimation.

Human problem like stress can be found in literary work. Novel is one of literary works. All stories must have certain characteristics or elements. Without these elements, any piece of literature would cease to make sense or serve a purpose. For example, stories must have a plot, or events that take place. Another essential story element is the character. Character can be defined as a person, animal, or figure represented in a literary work. In the literature, the novel can describe the personality of a character. And here we can find a novel which tells about human's psychological problem such as stress and anxiety.

In the 21st century, the novel has various types of genres such as psychological, mystery, thriller, fantasy, and etc. The psychological novel first published in 17th century in France, with Madame de La Fayette's *Princesse de Clèves* (1678). Psychological novels is a literary method in which a fiction focuses on the psychological processes, interior motives, and characters' mental narratives instead of simply telling a story. It focuses on why something happens and not just the scenario that plays out. It focuses on the mental processes of the characters and often includes their inner thoughts and feelings along with their motives for behavior. Since the literature can be related to psychology, some criticisms use psychological approach in analyzing this type.

In this study the researcher chooses the more modern novel written by Chuck Palahniuk entitled *The Fight Club* and, is made into a movie version in 1999 with the same title directed by David Fincher. The novel tells of a man who was trapped in life as a "white collar" worker who was involved in an illegal fighting club pioneered by a soap dealer named Tyler Durden to escape from the

stress. They fall into a triangular tale with a woman named Marla Singer. The main character is “unnamed man” who became the narrator in the novel. He was a worker at a car company suffering from insomnia due to pressure of work, so he decided to follow the support group. He felt "healed" after following the support group of testicular cancer patients, although he did not suffer from the disease. This novel tells how Tyler Durden helps and changes the main character lives.

The researcher chooses this novel because the events of the novel relate to the discussion. The discussion of the main character’s ego defense mechanism commonly happens in real life. This research focuses on the main character’s problem and ego defense mechanism that he experience, and the effect for himself. The novel is used as the object because a novel can be used as the interpretation of life. The novel is not only just a fiction that has function to entertain the reader but also can give interpretation of life, propaganda, and also agent of change.

## **1.2 Problem Statement**

This research focuses on the ego defense mechanism of the main character, there are three problems formulated as follows:

1. What are the problems faced by the main character?
2. What kind of defense mechanism does he experience?
3. What are the effects of his ego-defense mechanism for the main character?

### **1.3 Objectives of the Study**

The objectives of the study are:

1. To find out the main character's problem.
2. To describe the main character's experience.
3. To describe the effect of his ego defense mechanism.

### **1.4 Significances of the Study**

In this research, the writer hopes that this research will be useful or beneficial for readers. This research hopefully can give some comprehensions of ego defenses mechanism application in a literary work.

This research can give some terminologies that can be used to know the meaning of ego defense mechanism and why people need ego defense mechanism. This research will also find what are the action and the effect of ego defense mechanism.

### **1.5 Scope of the Study**

In this chapter, the research focuses on the ego defense mechanism of the main character. The researcher will investigate the causes, actions, and effects of the ego defense mechanism that occurs to the main character in the "*Fight Club*" novel.

## 1.6 Organization of the Paper

The writer writes the report into five chapters. There are Introduction, Biography of the Writer and Synopsis of *Fight Club* novel, Review of Related Literature, Analysis, and Conclusion.

Chapter 1 is Introduction, chapter 1 consists of background of the study, problem statements, objective of the study, significances of the study, scope of the study, and approach to study and organization of the paper.

Chapter 2 is Review of Related Literature. this chapter presents the synopsis and Writer's biography.

Chapter 3 is research method, this chapter contains the type of research, data collection methods and data analysis methods through psychoanalytic approach.

Chapter 4 is finding and discussion, this chapter contains answers to the research problems that have been formulated in chapter 1, based on the theoretical foundation outlined in chapter 2 and using procedures / methods described in chapter 3.

Chapter 5 is conclusion and suggestion, it consist of analysis about character and ego defense mechanism of the main character based on the theory of needs from Sigmund Freud and conflicts faced by the main character.