

# **CHAPTER I**

## **INTRODUCTION**

### **1.1. Background of the Study**

Every human being is born with a wide range of emotions. These emotions are sadness, happiness, disgust, fear, surprise, and anger. From these 6 basic emotions, humans continue to develop their emotions so that they have emotions that are much more diverse than the 6 basic emotions. One of which is anxiety. Being anxious develops from one of the basic emotions, namely fear. This emotion will develop into higher level of anxiety if human tends to bottle up their anxiousness. Although anxiety is not always a pleasant sensation, it is healthy and common, and it can help us stay focused or even make better judgments. While the early symptoms of anxiety and anxiousness may be similar, those with anxiety disorders will be anxious all the time. As written by Mayo Clinic, anxiety is a feeling that makes a person feel scared and worry about the uncertainty that will occur in the future. These feelings will cause some real side effects in the body of the person who is experiencing them. People whose anxiety is controlling themselves tend to feel uneasy feelings such as cold sweats, dry mouth, nausea, rapid heartbeat, and even fainting (Mayo Clinic, n.d.). Someone who has experienced these things will certainly be more familiar when remembering how anxiety leads a person to cope with their emotions.

Sigmund Freud once wrote in his essay *Beyond the Pleasure Principle* (1922) about the element of personality. There are three elements in the human's mind. Those three elements are the ego, the Id, and superego. Freud then elaborated his ideas in his essay entitled *The Ego and the Id* (1923). Ego deals with reality and works as a decision maker that is taken by the mind consciously. The Id is an element in personality that contains desire, fulfillment of needs, and is impulsive. While the superego works so that the ego can act ideally and in accordance with morals, because the superego contains morals and values that humans get from society, parental education, and religious matter. As explained by Freud, the ego defense mechanism is formed because of something that happens so that the id or superego becomes too demanding (Hall, 1955). When the Id or superego becomes too demanding, it makes our ego unable to work properly to make decisions. Id that is too demanding will often make a person look like they lost their sanity because the Id will tend to indulge their pleasure desires and violate the norms in society. Meanwhile, if the superego is too demanding, then they will look like people who are too rigid in obeying the rules, then find their lives too shackled by the existing rules. By this, ego defense mechanism exists to help the ego balancing the id and superego.

Anxiety and the ego defense mechanism are inextricably linked. When someone suffers from anxiety, the ego defense mechanism will do its job to protect the conscious mind from the unwanted thoughts and feelings right when the anxiety occurs (Hall, 1955). Ego defense mechanisms operate on an

unconscious level of the mind to assist the individual in avoiding undesirable emotions such as anxiousness. In other words, ego defense mechanisms are natural and normal. The researcher attempted to use John Green's novel *Turtles All the Way Down* to investigate the issue of anxiety and ego defense mechanisms.

There is something interesting about this novel. Beside of the fact that this is Green's latest hit since 2012 on *The Fault in Our Stars*, Green wrote this young adult novel as an opportunity to share his own struggle about Obsessive Compulsive Disorder (OCD) (McCarthy, 2017). His novel was published by Dutton Books on October 10<sup>th</sup>, 2017, and it and has been adapted in the form of a fan-made short movie by a small group of college students at Abilene Christian University in Abilene, Texas on January 11, 2020. The short movie can be accessed on Beyond Star Films' YouTube channel. In this novel there is a main character named Aza Holmes who has an obsession and excessive fear of the *c.diff* bacteria which triggers the character's anxiety. Through a thorough comprehension of the novel, the researcher intends to explain how the sources of anxiety and the effects of defense mechanisms are depicted in Green's *Turtles All the Way Down*.

## **1.2.Statement of the Problems**

In relation to the research background, problem identification, and study scope, the research questions are formulated as follows:

1. What are the id, ego, and superego found in *Turtles All the Way Down*'s main character?
2. What is the form of OCD experienced by the main character in *Turtles All the Way Down*?
3. How are ego defense mechanisms reflected in *Turtles All the Way Down*'s OCD sufferer?

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

Regarding the identification of research questions, the following utterances below are the objectives of this study:

1. To find out about id, ego, and superego in Aza Holmes.
2. To reveal the form of OCD experienced by the main character in *Turtles All the Way Down*.
3. To find out about how ego defense mechanisms are reflected in *Turtles All the Way Down* OCD sufferer.

### **1.4.Scope of the Study**

This study focused on the Id, ego, superego, anxiety, and how each process of the ego defense mechanism happens in Aza Holmes, the main character in John Green's *Turtles All the Way Down*.

### **1.5. Significance of the Study**

The purpose of this study is to see how the ego defense mechanism manifests itself in someone with mental disorder (obsessive compulsive disorder) who is fascinated with *Clostridium difficile* bacteria. The reader will be able to learn more about how the ego defense mechanisms being represented in the words, thoughts, and behaviors of the OCD sufferer whenever she is attempting to cope with her anxiety as a result of this research.

### **1.6. Approach to the Study**

In conducting this research, the researcher uses context-oriented approach. The term “context-oriented approach” refers to a wide range of styles and techniques that do not regard literary texts as self-contained, independent works of art, but rather strive to place them within a greater context (Würzbach, 1983). The theory used in this research is psychoanalytic theory by Sigmund Freud. Psychoanalytic literary criticism, influenced by Sigmund Freud (1856-1939), broadened the study of psychological traits beyond the author to include a variety of fundamental textual aspects. Characters in a text, for example, can be psychologically evaluated as if they were real individuals. In psychoanalytic approach, it is also focuses on human’s unconscious mind instead of conscious mind. Psychoanalytic believes that human’s behavior is determined from human’s past which is located inside the unconscious mind.

Therefore, the researcher starts this study by reading the text, identifying based on the problem statement, analyzing using Sigmund Freud’s theories, and interpreting the result of the analysis.

### **1.7. Organization the Paper**

This research will be divided into the following five chapters. The first chapter discusses the study's introduction, which includes the following sections: background of the study, statement of the problems, objective of the study, scope of the study, significance of the study, approach of the study, and organization of the study. The second chapter contains a synopsis of *Turtles All the Way Down* as well as a biography of John Green, *Turtles All the Way Down*'s author. The third chapter discusses previous studies, literature, novel, the definitions of the human psyche's Id, ego, and superego, anxiety of OCD sufferer, and the ego defense mechanism. The fourth chapter is research finding and discussion. Last but not least, the fifth chapter discusses conclusions and suggestions.