

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Every human must have feelings of guilt, fear, stress, and anxiety that could lead a person to experience trauma. Some people may never experience trauma in their life. But others may also have experienced it. The ego defense mechanism is a kind of way or method for traumatized people to handle and or solve their anxiety, fear, stress, and depression.

The ego defense mechanisms are self-protective instincts that are unconscious, unintended, and connected with pathology (Cramer, 1998). The defense mechanism acts on an unconscious level and helps a traumatized person avoid unpleasant feelings such as anxiety and fear.

Trauma is a medical condition that occurs as a result of a traumatic event. Trauma is might something that many people experience in their life. This is usually the result of something bad that happened in the past that caused a person to be stressed, afraid, anxious, and concerned about doing something in the future.

There are several factors that might lead to trauma in the life of someone. Those examples of trauma are major one-time experiences such as bullying, accidents, and deaths, loss of beloved ones, crimes, natural disasters, surgeries, incidences of physical or sexual abuse, and other violent occurrences. It can also be recurrent actions like child abuse, persistent deprivation, neglect, and urban violence (Giller, 1999).

Trauma has numerous kinds of effects. It can influence someone's behavior or perception of something, such as family, friends, or the environment. The majority of them are related to people's behavior or have a significant impact on the life of someone since they deal with a psychological condition. For example, trauma could be caused feelings of fear, stress, anxiety, ashamed, and depression.

A person could experience a personality disorder, anxiety, depression and or an eating disorder (Giller, Esther., 1999). Fear, anxiety, stress, and depression generated by trauma suggest that traumatized people are struggling to cope with the experience of trauma itself. People tend to adopt ego defense mechanisms while dealing with the effects of trauma.

According to Sigmund (Freud, Sigmund., 1894), the ego defense mechanism is a mechanism of the mental process that allows the mind to manage solutions in order to deal with and handle any unpleasant feelings that cannot be resolved. In brief, it can be said that defense mechanisms assist people dealing with trauma. The ego defense mechanism is a way of avoiding anxiety because of the trauma. It is utilized to conceal the real causes of childhood anxieties, fears, and shame (Tucker, 2013).

The ego defense mechanisms are commonly found in society. For example, someone who gets tired of his or her job will be bored, stressed, and frustrated. As a result, they will vent their frustrations to a friend, family member, pet, or the environment around them. This is known as the ego defense mechanism. However, ego defense mechanisms

may be experienced not only in society but also in literary works. Many authors or writers depicted it in their literary works, including short stories, prose, drama, and novels.

Based on the phenomenon of defense mechanism above, there are many written works by writers such as novels with themes related to defense mechanisms; one of them is in the novel *The Perks of Being a Wallflower*. The researcher used the novel *The Perks of Being a Wallflower* to show the ego defense mechanism of the main character, Charlie.

The Perks of Being a Wallflower is one of the novels related to mental health such as anxiety, afraid, traumatized, and defense mechanisms. This novel is written by Stephen Chbosky, an American writer, and was originally published by Pocket Books on 1st February 1999. The novel is set in the early 1990s and tells the story of the main character, Charlie that experienced traumatic childhood. It showed how the effects of experience traumatic in the life of the main character as he grows up, and how he finds it difficult to interact and socialize with others and also make friends.

His traumatic experience caused trauma, fear, stress, and anxiety in his life. It also seriously affected his capability to interact and or socialize with other people and caused him to become ostracized by others. Furthermore, it changed the way he outlook on several things in his life. In

this book, there are also ego defense mechanisms done that the main character in dealing with his trauma.

Based on those statements, the researcher wants to analyze the Ego Defense Mechanism in the novel *The Perks of Being a Wallflower* by Stephen Chbosky, especially in the character Charlie who is the main character in this novel.

1.2 Statements of the Problem

According to the background of the study above, it has a study of the ego defense mechanisms that can be formulated in the following below:

1. What are the id, ego, and superego of the main character?
2. What types of ego defense mechanisms does the main character apply in his life?
3. Why causes the main character does the ego defense mechanism?

1.3 Objective of the Study

This study is related to the response to the research question shown in the problem statements above. The objectives are formulated in the following below:

1. To find out the id, ego, and superego of the main character.
2. To find out the types of ego defense mechanisms the main character applies in his life.
3. To find out the causes the main character does the ego defense mechanism.

1.4 Scope of the Study

This study is restricted to discussing the id, ego, and superego of the main character, then the types of ego defense mechanisms the main character applies in his life, and the last, the causes the main character do the ego defense mechanism that are related with the main character, Charlie, in the novel *The Perks of Being a Wallflower* by Stephen Chbosky.

1.5 Significance of the Study

The findings of this study will be discovering the ego defense mechanisms of the main character, Charlie in the novel *The Perks of Being a Wallflower* by Stephen Chbosky. The researcher expects to expand the knowledge of the researcher and readers about the ego defense mechanism. Moreover, the researcher of this research paper also expects it can be useful as a reference for the university where the researcher has been studying and helpful for future researchers who may also conduct a similar study.

1.6 Approach of the Study

Qualitative research is a study method utilized to analyze and interpret the meaning that certain people or groups that consider to derive from social or human problems (Martin, 2013). In analyzing, this study employs a qualitative method with data sourced from the novel *The Perks*

of *Being a Wallflower* by Stephen Chbosky. In addition, to support the data, the research will also use library research, journals, and other resources that are relevant to conduct the analysis.

The research will use the ego defense mechanism theory by Sigmund Freud in analyzing of the main character, Charlie in the novel *The Perks of Being a Wallflower* by Stephen Chbosky. The analysis will be related to the theory that will be used. This research will be identifying the ego defense mechanism, types of ego defense mechanisms and the cause of the main character does the ego defense mechanism.

To collect the data the researcher will find it by first reading the novel *The Perks of Being a Wallflower* by Stephen Chbosky, second understanding the contents of the novel, the third the researcher will also read some articles, journals, library research, and other sources as references to the researcher, and fourth researcher will identify and classify it, then the data will be transferred and interpreted into the research paper to do more study and analysis by using Sigmund Freud theory, and fifth the researcher will find all about the ego defense mechanisms in the main character, Charlie.

1.7 Organization of the Paper

The organization of the paper is explained in order the reader can understand the content of this research paper easier. This study will be divisible into five chapters, the following: Chapter I is introduction which

contains of background of the study, statements of problem, objective of the study, scope of the study, significance of the study, approach of the study, and the last organization of the paper.

While in Chapter II includes of the synopsis of the novel *The Perks of Being a Wallflower* by Stephen Chbosky, and the biography of Stephen Chbosky.

Then, Chapter III is about review of related literature theory. It includes of previous studies, literature, novel, psychoanalysis, and ego defense mechanisms.

Chapter IV contains of finding and discussion that refers to theory listed in the Chapter III.

And the last Chapter V contains of conclusion and suggestion. Conclusion and suggestion tell about conclusion of the thesis and suggestion for the further research.