

**Mel Hannigan's Defense Mechanism in A Tragic Kind of
Wonderful by Eric Lindstrom**



*Mencerdaskan dan
Memartabatkan Bangsa*

**Anissa Dwiandra
1209620025**

**A Thesis Submitted in Partial Fulfillment of the Requirement for
the Degree of "Sarjana Sastra"**

**ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF LANGUAGES AND ARTS
STATE UNIVERSITY OF JAKARTA
2024**

LEMBAR PENGESAHAN

Skripsi ini diajukan oleh:

Nama : Anissa Dwiandra
No. Registrasi : 1209620025
Program Studi : Sastra Inggris
Fakultas : Bahasa dan Seni
Judul Skripsi :

Mel Hannigan's Defense Mechanisms in A Tragic Kind of Wonderful by Eric Lindstrom

Telah berhasil dipertahankan di hadapan dewan penguji, dan diterima sebagai persyaratan yang diperlukan untuk memperoleh gelar Sarjana Sastra pada Fakultas Bahasa dan Seni Universitas Negeri Jakarta.

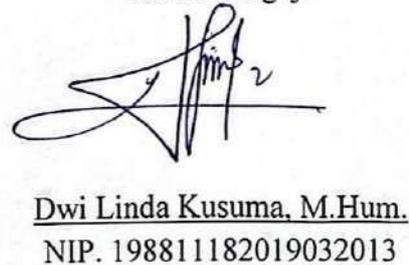
Dewan Penguji

Pembimbing



Tesaannisa, M. Hum.
NIP. 199003262020122009

Ketua Penguji



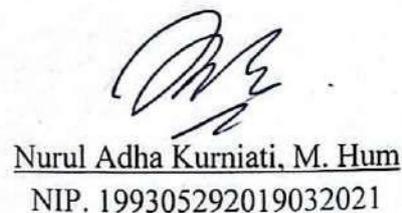
Dwi Linda Kusuma, M.Hum.
NIP. 198811182019032013

Penguji Ahli Materi



Atikah Ruslianti, M.Hum.
NIP. 1972203242006042001

Penguji Ahli Metodologi



Nurul Adha Kurniati, M. Hum
NIP. 199305292019032021

Jakarta,

Dekan Fakultas Bahasa dan Seni



Dr. Liliana Muliastuti, M.Pd.
NIP. 196805291992032001

LEMBAR PERNYATAAN

Yang bertanda tangan di bawah ini:

Nama : Anissa Dwiandra

No. Registrasi : 1209620025

Program Studi : Sastra Inggris

Fakultas : Bahasa dan Seni

Judul Skripsi :

Mel Defense Mechanisms in A Tragic Kind of Wonderful by Eric Lindstrom

Menyatakan bahwa benar skripsi ini adalah hasil karya saya sendiri. Apabila saya mengutip dari karya orang lain, maka saya mencantumkan sumbernya sesuai dengan ketentuan yang berlaku. Saya juga bersedia menerima sanksi dari Fakultas Bahasa dan Seni Universitas Negeri Jakarta apabila saya terbukti melakukan tindakan plagiarisme.

Demikian saya buat pernyataan ini dengan sebenar-benarnya.

Jakarta, 30 Juni 2024



Anissa Dwiandra

1209620025



**KEMENTERIAN PENDIDIKAN, KEBUDAYAAN, RISET DAN
TEKNOLOGI UNIVERSITAS NEGERI JAKARTA
UPT PERPUSTAKAAN**

Jalan Rawamangun Muka Jakarta 13220

Telepon/Faksimili: 021-4894221

Laman: lib.unj.ac.id

**LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI KARYA ILMIAH
UNTUK KEPENTINGAN AKADEMIS**

Sebagai sivitas akademika Universitas Negeri Jakarta, yang bertanda tangan di bawah ini, saya:

Nama : Anissa Dwiandra
NIM : 1209620025
Fakultas/Prodi : Fakultas Bahasa dan Seni/Prodi Sastra Inggris
Alamat email : anissadwiandra@gmail.com

Demi pengembangan ilmu pengetahuan, menyetujui untuk memberikan kepada UPT Perpustakaan Universitas Negeri Jakarta, Hak Bebas Royalti Non-Eksklusif atas karya ilmiah:

Skripsi Tesis Disertasi Lain-lain (...)

yang berjudul :

**MEL HANNIGAN'S DEFENSE MECHANISMS IN A TRAGIC KIND OF
WONDERFUL BY ERIC LINDSTROM**

Dengan Hak Bebas Royalti Non-Eksklusif ini UPT Perpustakaan Universitas Negeri Jakarta berhak menyimpan, mengalihmediakan, mengelolanya dalam bentuk pangkalan data (*database*), mendistribusikannya, dan menampilkan/mempublikasikannya di internet atau media lain secara *fulltext* untuk kepentingan akademis tanpa perlu meminta ijin dari saya selama tetap mencantumkan nama saya sebagai penulis/pencipta dan atau penerbit yang bersangkutan.

Saya bersedia untuk menanggung secara pribadi, tanpa melibatkan pihak Perpustakaan Universitas Negeri Jakarta, segala bentuk tuntutan hukum yang timbul atas pelanggaran Hak Cipta dalam karya ilmiah saya ini.

Demikian pernyataan ini saya buat dengan sebenarnya.

Jakarta, 9 Agustus 2024

Penulis

(Anissa Dwiandra)

ACKNOWLEDGMENT

First of all, I would like to express my deepest gratitude to Allah SWT for all of the blessing and guidance, for making it possible for me to finish my undergraduate thesis, also thank you for always guiding me to return to You when I almost gave up. Prayers and Peace be upon our Prophet, Muhammad SAW family and His companion. I also want to express my deepest gratitude to these people that always accompanied me while working on my thesis.

1. My beloved parents, **Rika Nilam Sari** and **Rizal Rivai Nursan** for their support, their prayers, their sacrifices, and their trust for me. I am truly blessed for having both of you as my lovely parents. Please be healthy so I can show both of you the best of me.
2. My brother, **Mika Arkananta** for always checking up on me and try to understand me. I also thank you for being such a great brother to me.
3. To **Mrs. Rahayu Purbasari, M. Hum** as the Head of English Literature Study Program for your teaching and your guidance.
4. My thesis supervisor, **Mrs. Tessaannisa M, Hum** and **Mrs. Diyantari, M. App. Ling** who always guide me and giving me suggestions for my thesis and thank you for your support so I can trust myself to finish my thesis.
5. To my clown classmates, **ELITE 20SA**. Thank you for always making me laugh with your jokes and behavior. Also to **20B**, I wish all of us a bright future.
6. My best friend, **Shabrina Aisyah Aurora**, who always being patience with my weird behavior. Who struggle with me about my thesis, who always said that its okay to be failed sometimes and make a joke about it. I'm grateful to have you as my best friend, I wish you also finished your thesis real soon and I want you to know that I always believe in you.
7. My mate, **Azelytta Rizkika Sofyan**, who always trust me in every step that I take. Thank you for always remind me to take a rest, thank you for always remind me to be kind to others and to myself. You giving

me so much life lesson and I will always grateful for it. Please stay alive because you have a bright future awaits for you.

8. To Nikita Rinda, who always bicker with me about anime; jujutsu kaisen, one piece, demon slayer and any other anime. Who always giving me her full support to finish my thesis. Thank you for your weird yet funny jokes that sometimes remind me that I should also need a break and not forcing myself to do my thesis. Please always remind yourself to be more careful when doing something and be healthy.

9. To Ate, Kafi, and Vane. Thank you for accepting me into your life and I'm grateful to have such a great, supportive friends like the three of you.

10. Lastly, for Anissa Dwiandra, the researcher itself. I know life is hard, I know sometimes you want to give up, I know sometimes you feel like your life is unfair, I know sometimes you cry all night and try to hold your voice so your family won't hear you, I know you're scared. And wise man said that it is absolutely okay to feel all of those things. All you need to do is trust yourself. Your bright future wait for you so please, be alive.

Jakarta, 3 July 2024

Anissa Dwiandra

ABSTRAK

Dwiandra, Anissa. 2024. Mel Hannigan's Defense Mechanism in A Tragic Kind of Wonderful by Eric Lindstrom. Skripsi: Program Studi Sastra Inggris, Fakultas Bahasa dan Seni, Universitas Negeri Jakarta.

Penelitian ini bertujuan untuk menganalisis sebuah novel berjudul A Tragic Kind of Wonderful karya Eric Lindstrom. Melalui penelitian ini, fokus utama peneliti adalah menganalisa karakter utama, Mel Hannigan dan mekanisme pertahanan seperti apa yang muncul dalam novel tersebut. Teori yang digunakan adalah mekanisme pertahanan dari Sigmund Freud dengan judul "Mekanisme Pertahanan Mel Hannigan dalam novel A Tragic Kind of Wonderful karya Eric Lindstrom". Tujuan dari penelitian ini adalah untuk mengetahui jenis mekanisme pertahanan yang digunakan Mel Hannigan untuk melindungi perasaannya. Peneliti menggunakan metode deskriptif kualitatif dengan mengumpulkan data dari novel A Tragic Kind of Wonderful. Dengan melakukan penelitian ini, peneliti berharap hasil penelitian ini dapat menambah pengetahuan dalam kesehatan mental masyarakat dan diharapkan dapat membantu peneliti selanjutnya untuk memahami lebih dalam mengenai mekanisme pertahanan khususnya dalam novel A Tragic Kind of Wonderful karya Eric Lindstrom.

Kata Kunci: *Post-Traumatic Stress Disorder, Psychoanalysis, Defense Mechanism, A Tragic Kind of Wonderful*

ABSTRACT

Dwiandra, Anissa. 2024. Mel Hannigan's Defense Mechanism in A Tragic Kind of Wonderful by Eric Lindstrom. A Thesis: Jakarta, English Literature Study Programme, Faculty of Language and Art, Universitas Negeri Jakarta.

This study aims to analyze a novel called A Tragic Kind of Wonderful by Eric Lindstrom. Through this study, the researcher main focus is analyzing the main character, Mel Hannigan and what kind of defense mechanism that appears in the novel. The theory that is used is defense mechanism by Sigmund Freud within the title "Mel Hannigan's Defense Mechanism in A Tragic Kind of Wonderful by Eric Lindstrom". The purpose of this study is aims to found out which type of defense mechanism Mel Hannigan uses to protect her feelings. The researcher used a qualitative descriptive method by collecting data on A Tragic Kind of Wonderful. By doing this study, the researcher wish that the results of this study increase the knowledge in people's mental health and hopefully can help the next researcher to understand more about defense mechanisms especially in A Tragic Kind of Wonderful by Eric Lindstrom novel.

Keywords: *Post-Traumatic Stress Disorder, Psychoanalysis, Defense Mechanism, A Tragic Kind of Wonderful*



Table of Contents

LEMBAR PENGESAHAN	i
LEMBAR PERNYATAAN	ii
LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS	iii
ACKNOWLEDGMENT	iv
ABSTRACT	vi
ABSTRACT	vii
CHAPTER I	1
INTRODUCTION	1
1.1. Background of the study	1
1.2. Research Question	4
1.3. Scope and Limitations of the study	4
1.4. Objective of the study	4
1.5. Significance of the study	4
1.6. Previous Studies	5
CHAPTER II	11
Literature Review	11
2.1. The novel, A Tragic Kind of Wonderful	11
2.2. Post-Traumatic Stress Disorder (PTSD)	12
2.3. Psychoanalysis	15
2.4. Defense Mechanism	19
2.4.1. Repression	19
2.4.2. Denial	23
2.4.3. Projection	25
2.4.4. Displacement	27
2.4.5. Regression	28
2.4.6. Sublimation	30
2.5. Theoretical Framework	34
CHAPTER III	35
Research Methodology	35
3.1. Method	35
3.2. Data of The Study	35
3.3. Data Source	35
3.4. Data Collection Procedures	36
3.5. Data Analyzing Procedures	37
CHAPTER IV	38
FINDING AND DISCUSSION	38
CHAPTER V	63
CONCLUSION	63
5.1. Conclusion	63
5.2. Recommend	63
References	64
APPENDICES	66