

DEFENSE MECHANISM OF LAURIE STRODE IN JOHN PASSARELLA'S *HALLOWEEN*

Ardi Setiawan

Sastra Inggris, Fakultas Ilmu Budaya
Universitas 17 Agustus 1945 Surabaya, Indonesia
Ardisetiawan.id@gmail.com

Abstract: This study aims to discuss the defense mechanism on Laurie Strode in John Passarella's *Halloween*. The objectives of this study are to analyze the personality of Laurie Strode that described in the novel. This study uses a qualitative descriptive method with a psychoanalytic approach to analyze the literary work used by the author is John Passarella's *Halloween* novel and theories of personality by Sigmund Freud. From the result of this study it was found that the emergence of three aspects of the defense in Laurie Strode's character that appeared in John Passarella's *Halloween*. Anxiety in Laurie Strode's character is also described in this study. This anxiety is included in the Real Anxiety and Neurotic Anxiety categories where this anxiety affects and causes problems for Laurie's family and herself. Also ego defense mechanism by Freud described in this study that there are 4 out of 10 categories of ego defense mechanism in Laurie Strode's character, namely Displacement, Repression, Denial, and Rationalization

Keywords: *Defense Mechanism, Ego, Super Ego, Id, Anxiety.*

INTRODUCTION

Defense mechanism happens as individual feels insecure situation. Individual who has self-inside, psychologically will do defense mechanism as anxiety arises. The defense mechanism will assist him facing undesirable sentiments, such as blame or disgrace. According to Wiyatmi (2011: 11-12) feeling afraid, panic, and guilty refer to term anxiety. When anxiety has made someone feel very disturbed, so the act of defense mechanism is required to protect himself. Basically, in practical situation, people will hide their negative traits which they have. The defense mechanism is happened when the ego dealing with the reality also the id and the superego as best as it can. But when it becomes overwhelming. The ego has to defend itself. The ego defense it, by blocking and sorting all the impulses or even a

threatening condition to make them acceptable and less harming. (Anna Freud,1937). Cramer's theory says that defense mechanism protects the ego by warding off anxiety and guilt feelings. When the ego can anticipate the possibility of instinctual impulse discharge, a judgment of danger (the experience of panic) is expressed in the form of an anxiety signal. And if this ego control is failing, anxiety becomes overwhelming and a panic reaction ensues. The defense mechanism that is used by children is based on their understanding the more they understand about the defense the lesser they will use the defense mechanism. (Crammer and Brilliant,2001)

In deeper analysis, from Freud's structure of personality which consists of id, ego, and superego, the act of defense

mechanism includes avoiding the id's motivations into satisfactory forms or by unconsciously blocking them. The issue of defense mechanism as a phenomenon in life is often raised in literary works such as novels. This is very possible because the author also lives in a social life. Rene Wellek and Austin Warren (1995: 94) state that literature is imitation of life that represent natural world and individual world in social reality. Anxiety is a normal reaction against situations that are very stressful in one's life. Anxiety can appear alone or in combination with other symptoms of a variety emotional disturbances (Ramaiah, 2003: 10). Nevid Jeffrey S, Rathus Spencer A, and Greene Beverly (2005: 163) provide understanding of a view as an emotional state which is characterize by physiological excitement, a feeling of tension which is not fun, and it's fun that something bad will happen.

The novel John Pasarella's *Halloween* gives an impression of how the psychology of a character is haunted by fear occurred in the past. It tells a story of life of a woman, Laurie strode, who survives from the terror of serial killer, Michael Myers. Forty years after that incident, Laurie Strode becomes a woman who is always on the lookout for anything. This novel gives an impression of how the psychology of a character is haunted by fear that occurred in the past. In *Halloween* tells the story of the life of a woman named Laurie Strode. She is one of the women who survives the terror serial killer Michael Myers. Forty years after that incident Laurie Strode is a woman who is always on the lookout for anything. The result of her fear that makes her always aware of the environment, such as carrying a gun anywhere and equipping her house with mines makes Laurie's family worried about her mental condition. but when it comes time for Michael Myers to escape the prison transfer, it makes Laurie even

more convince that everything she is been preparing for forty years to kill Michael Myers is not in vain. including her family, Laurie's children and grandchildren. The researcher chooses *Halloween* because it describes the defense mechanism in the novel. This defense mechanism is brought by the characters in the novel. So that from the conflicts present there is an assumption that there is a defense mechanism that might occur in the novel.

All defense mechanism problems are describe through the characters in the novel. Therefore, this study choose *Halloween* as the object of research. The reason the author chose this topic is because there are elements that indicate that the character Laurie Strode in John Passarella's *Halloween* exhibits behaviors that show the nature of Defense Mechanism.

Theory of Sigmund Freud

Sigmund Freud is an expert psychology which pioneered the theory of psychoanalysis. Psychoanalysis according to Winkel and Hastuti (2004: 450) is a therapeutic method that will help someone to deal with that psychic tension caused by anxiety and a sense of being threatened exaggerated. According to Alwisol (2009: 1) personality psychology theory is descriptive in the form of systematic and easy-to-understand depictions of behavior. Personality is the realm of psychological studies, understanding behavior, thoughts, feelings of human activities using systematic methods and rational disciplines such as biological economics or history, not personality psychology theory. That theory of personality psychology studies the individual specifically, who he is, what he has, and what he does. Analysis of other than individuals (e.g. groups, nations, animals or machines) means viewing them as individuals, not the other way around. (Alwisol, 2009: 2) Personality is the part of

the soul that builds the existence of human beings into one entity, not fragmented in functions, understanding personality means understanding me, myself, self, or understanding human beings completely. The most important thing to know with the understanding of that personality.

Freud says there are 3 personality structures, namely id, ego, and superego. Id is an instinctive human personality driven by the principle of pleasure, where all desires and needs must be met immediately. Ego is a personality that plays a role in choosing how to fulfill the desire of id so as not to conflict with superego. Superego is a personality that controls the id and ego so as not to do things that are not right in the eyes of society or religion. Despite their different characteristics, working principles, functions, and traits, the three personality structures work together in a team to influence individual behavior (Sobur, 2011: 305). The conflict between the three personality structures will cause anxiety for humans.

Id is a basic human desire or need that arises from the time man is born. Id work using the principle of pleasure, seeking the immediate fertilization of biological impulses (Sobur, 2011: 305). Id can also be referred to as the ruler of all three personality structures, where he is very voracious and arbitrary. What he wants must be met immediately regardless of what will happen to others if he gets what he wants. Id knows no moral value, it works according to the wishes or basic needs of man in order to be quickly fulfilled. uncontrolled id usually occurs in humans in childhood where it has not been able to obey the rules of parents or surrounding communities, so it cannot distinguish which is right and wrong. But in its development, children will begin to understand which are good and bad. As the child's personality develops, new

personalities will appear, namely ego and superego. Freud says that ego is a rational aspect of manliness, playing a role in directing and controlling instinct according to the principles of reality (Schultz, 2014: 62).

Ego is a personality that ensures that the desire of id can be done in the real world. Ego is tasked to choose the way or middle way if the desire id is not able to be fulfilled completely in the real world. Suppose a young man who wants expensive gadgets but he has no money. Here the ego's job is to figure out how to get the expensive gadget. According to Freud superego is a moral aspect of personality; internalization of the values and standards of parents and society (Schultz, 2014: 63).

Superego is a personality that understands what is good and bad. Superego is growing as individuals receive formal and non-formal moral education in the surrounding communities. Superego is tasked to judge whether the desire of id is in the same direction or contrary to the moral values of society. If the individual wants something, superego will weigh whether his wishes are appropriate or not with the presumption of good society, if it is not appropriate then the superego will say his wishes are not true and will cause anxiety if it is still done. Winkel and Hastuti (2004:450) say that if a person does not manage to control and stem that anxiety in a rational and realistic way, he will use an irrational and unrealistic procedure, which is to use one of the mechanisms of self-defense to maintain psychic balance and sense of self-esteem. Based on the opinion of Winkel and Hastuti psychoanalysis is the right theory in analyzing the way the individual relieves the anxiety he experienced through the mechanism of defense of the ego defense Sigmund Freud who is considered a threat on him, will not necessarily be

known to others and if others know it also not necessarily that person will punish him. This anxiety is instinctive, mostly felt at times of nervousness, anxiety, loss of ideas and inedible self-control

Personality Structure

Mind is divided into three different parts but still have relation. Each of them has their own function and all of them is different but still related. The first is the Id the basic personality core it is dealing with a basic human needs. Id seek pleasure and desire without any rules. Id does not related to the reality but Id relief a stress by fulfill the basic needs of human beings (Bressler, 1998: 150). The second is the ego a realistic effort to fulfill the needs and desire. The ego can differ reality from fantasy. The ego is the decision maker and balance Id desire to keep it restricted under the law of reality (Feist, 2010: 33). The last is superego a construction of values and ideals of community. Superego is also the standard of good in society. Superego differ right or wrong and judge it by the constrution of values in society (Myers, 1986: 398)

Anxiety

Anxiety is an uncomfortable feeling because of a threat. (Alwisol, 2009: 22) Anxiety will arise when people are not prepared for threats. When a person experiences a threat, both physical and psychic, then the person realizes the danger that he will face, if the person is not ready to face the danger, there will be an anxiety in the person. Freud describes anxiety as fear without objects; often, we cannot indicate the source, on the particular object that caused it (Schultz, 2014: 64). Freud divides anxiety into 3 types, namely real anxiety, neurotic anxiety, and moral anxiety. Real anxiety (objective anxiety) is the fear of danger that can be felt in the real world (Schultz, 2014: 64). Anxiety can be affected by a person's past experiences

which then make him afraid or traumatized by something. Such as fear of darkness, fear of animals, fear of a person, and so forth. Neurotic anxiety is the unconscious fear of punishment when committing behavior that is considered to violate the norms or rules of society.

(Alwisol, 2009: 22) Punishment and punitive figures in neurotic anxiety are delusions. When someone commits an offense. which is considered a threat on him, will not necessarily be known to others and even if others know it also not necessarily that person will punish him. This anxiety is instinctive, mostly felt at times of nervousness, anxiety, loss of ideas and indiable self-control. Moral Anxiety is the fear of conscience (Schultz, 2014: 65). This anxiety arises when a person feels that they have violated a norm set in their environment. When the individual is encouraged by id to show instinctive impulses contrary to moral values, then the superego will rebel, and this creates moral anxiety in him. This anxiety can be the shame or sin of the individual. (Alwisol , 2009: 22) Anxiety is a function of the ego to warn individuals about the possible arrival of a danger so that an appropriate adaptive reaction can be prepared. Various ways a person will deal with the anxiety he/she is experiencing, one of which is by easing the anxiety.

The Cause of Anxiety

Like other mental disorders, anxiety is generally caused by a failure of the brain's nerves to control emotions and fear. For example, stress can alter the flow of communication between nerve cells in brain circuits. This will change certain brain structures that control emotions. Anxiety also has a mechanism function is to protect the ego. it will give a signal to the individual if something dangerous or inappropriate behavior is about to occur until the danger is increasing until the ego

can be defeated, Freud says in (Farohah, 2015: 28). Adler and Rodman also argue that there are two causes of anxiety, the first is bad experiences in the past, which are feared will happen again in the future. Then the second according to them the cause of anxiety is irrational thinking, psychologists discuss that anxiety does not occur because of the situation, but it arises because of beliefs about the situation in (Ghufron, 2010: 145).

Ego Defense Mechanism

The ego defense mechanism is a way developed by Freud in an attempt at self-defense of the individual when the ego is in an uncomfortable zone and the individual is in a state of anxiety. Such anxiety arises both internally and externally (Ahmadi, 2015: 49). Of the 10 mechanisms described by Freud (in Winkel and Hastuti, 2004: 232-233), researchers took only 7 mechanisms for this study because the author only examines one character, namely Laurie Strode. The author assumes that there are few defense mechanisms that appear on Laurie Strode. The defense mechanism of the ego is as follows:

1. Displacement is a form of self-defense that relieves anxiety by venting its anxiety on other objects that do not threaten its comfort. This mechanism is usually done when the individual does not dare to express his heart to the person who has upset him because of some things, then he will vent his anger at objects or people who are considered not to threaten him. For example, when a child is scolded by his mother, for not daring to fight his mother he then hits his sister to vent her anxiety.

2. Denial is a form of self-defense that denies any external threat or traumatic event that has been experienced. The individual who performs this mechanism usually does not want to accept the painful

reality he is experiencing and prefers to imagine things that are perceived to relieve his anxiety. For example, when a mother who does not want to change the room order of her dead child because she hopes her child can come back again one day.

3. Repression is a form of self-defense that seeks to dispose of impulses or memories of the past that are not accepted and cause anxiety in the lives of individuals. Repression is the act of unconsciously forgetting the existence of something that interferes with the comfort of the individual. For example, when a person has an accident and experiences trauma, to relieve anxiety from the trauma he tries to throw those memories into the unconscious, so that he will forget about the incident and be able to live life without anxiety again.

4. Rationalization is a form of self-defense by making up excuses to manipulate facts so that the actions taken are reasonable and acceptable. We justify a threatening thought or action by persuading ourselves that there is a rational explanation for that thought or action. For example, when a child is invited by a friend to compete in badminton, he refuses on the grounds that he is not feeling well, when in fact he is afraid to lose.

5. Reaction Formation is a form of self-defense that seeks to do something contrary when what it is going to do is causing anxiety in him. This mechanism is usually characterized by an excessive good attitude towards the person who is hated or feared so that the perpetrator does not feel threatened. Suppose a student who hates his teacher very much, but the teacher is very influential on his grades, then he will be excessively respectful to the teacher.

6. Regression is a form of self-defense that seeks to regain comfort after he feels anxious because he loses that comfort by re-doing old habits that he has not done so

that he can regain that comfort. Suppose a small child who can already eat s then has a sister, because she feels her mother cares more about her sister she always asks to be fed when eating to attract her mother's attention.

7. Projection is a form of self-defense by dealing with disturbing anxiety by distorting the facts as if the guilty are someone else, not himself. For example, when a student gets bad grades, he says that his teacher is too sentimental about him.

RESEARCH METHOD

This study is a qualitative descriptive study. A study that involving interpretative action to observe phenomenon in term of meaning that people bring to them. In addition, qualitative study uses a collection of various empirical data that describes routine, problematic moments and meanings in individuals' life such as case study, personal experience, introspective, life story, and text that is observational, historical, interactional, and visual (Denzin and Lincoln, 2005: 1-32). The purpose of choosing a qualitative approach because the writer will describe the data taken from the novel by John Passarella's *Halloween*. The data will consist of all words, phrases, and sentences related to Defense Mechanism.

Literary Approach

In this research, the writer uses Psychological approach. Psychology in literature is not something new, because the characters in literary works must be turned on, given a soul that can be accounted for psychologically as well. The soul is defined as a force that causes man to think, callous, and will (Walgito, 1997: 6). The soul here is intended in a broad sense that includes thought, knowledge, as

well as all delusions and speculations about the soul (Walgito, 1997:1). Psychological approach is considering the mental aspects and concerns the inner human being, because both literature and psychology both study the psychiatric state of others. Psychological character traits and aspects of the author's thoughts and feelings when generating the work are also studied in psychological literature. Based on this research, it may also be determined how well the author is able to convey the character's personality in order for the work to come to life. But between literature and psychology there is also a difference, namely in the psychology of these symptoms are real, while in literature the symptoms are imaginative. If the artwork offers more opportunities on such psychic tendencies to manifest itself than is offered by possibilities in conscious life, it is because of the art in its resemblance to the game, eliminating sensors that preclude our primitive tendency to appear to the surface, or at least produce visible effects (Milner, 1992: 213). It's fascinating to investigate a character's psychological aspects in a narrative. Psychology is a science that aids in the resolution of psychological issues. Literature and psychology are inextricably linked since they both deal with human difficulties (Sukada, 1987: 102). As a result, psychology is primarily concerned with psychological processes that can be used to literary studies. There are two components of a literary work that can be used to study it: the intrinsic element and the extrinsic element. Extrinsic analysis covers elements like a review of sociology, psychology, and ideas that aren't found in the literature (Wellek and Warren 1990: 77). The psychology of literature has four meanings: first, the psychology of the author as a type or as a person, second, the psychology of the reader as a type or as a person, and third, the psychology of the reader as a type or as a person. The way the

psychology of literature works in this research examines literature which emphasizes the psychological aspects in literary works. Psychology in literature is emphasized on characterization because it strengthens contact with human psychology and psychology. Further in studying and explain these characters with the study of conflict psychology main character's mind.

FINDING AND DISCUSSION

Reflection of Defense Mechanism in Laurie Strode

In addition to personality structure, Freud's other relates theory is the Ego Defense Mechanism. The mechanism is a strategy use by individuals to prevent the open emergence of id impulses as well as to deal with superego pressure on the ego, with the aim that anxiety can be reduce (Koswara 1991: 46). Laurie's character's ego-defense mechanism in John Passarella's *Halloween* include repression, denial, and object replacement or diversion. Laurie's character is dominate by psychiatric problems. These psychiatric problems are relate to his personality which tends to suppress reality. The reality that occurs because of a bad thing that is unpleasant from outside the individual, causing anxiety and fear that can threaten the ego of Laurie's character. Laurie's character as the main character often performs rejections that he cannot accept. This encourages Laurie's ego to perform defense mechanisms to avoid the stresses of anxiety and fear.

Displacement

In this chapter, researchers found several citations that indicate the behavior of ego defense mechanisms in Laurie Strode's character. In the excerpts that will be explains researchers found the existence of displacement defense mechanisms. As

previously explain, the displacement defense mechanism is a form of defense mechanism that is carries out to relieve anxiety by taking it out on other objects where the object is felt to be safe. This object can be in the form of inanimate objects or living things. In John Passarella's *Halloween*, a displacement type of ego defense mechanism is also found in Laurie Strode character. The following is an excerpt and an explanation below.

“For Laurie, they weren’t intended as decorations or to evoke emotion in anyone. They had a simple, practical purpose. She walked up to a standing male mannequin, who appeared to stare directly toward her, as if it were someone she recognized. For a moment she considered the resemblance of the pale, blank face with dead eyes to the stark white mask and another set of dead eyes—eyes without mercy or remorse. Five feet from the mannequin, she swung her arm up, aimed and blew its head off. A satisfying eruption of fiberglass and plastic rained down on the grass up to twenty feet away. She thought of it as a dry run, dreamed of ending it once and for all. Sometimes she thought it could be that simple. A single shot. But in her nightmares, one shot and one weapon were never enough. (Passarella, 2018 : 30).

In the quote above, it is explain that Laurie uses a defense mechanism in the form of Displacement, in which Laurie ventures her anxiety by using a mannequin object. In this way Laurie also see mannequin not only as the target of shooting him but also as a figure describes as "The pale, blank face with dead eyes

without mercy or remorse", namely Michael Myers.

Repression

Another ego defense mechanism besides Displacement, there is another mechanism shown by Laurie Strode is Repression. Repression is a form of ego defense mechanism that unconsciously forgets the existence of something that disturbs the individual's comfort. In the *Halloween* this defense mechanism is shown by Laurie Strode during an interview session. The following is an excerpt and an explanation.

"Laurie," Aaron said, urgency creeping into his tone, sensing as Dana did that they were losing her. "We want you to sit down with him. Sit with Michael—in a safe environment. He won't speak to anybody... but he might speak to you. Finally, you can get the chance to say what you've always wanted to say to him." Aaron paused, unsure if his words swayed her. "Come with us. Let us help you... free yourself." Laurie tore her gaze away from the woods and stared down at them, a hard glint in her eyes. "Time's up. I'll accept my payment." (Passarella, 2018: 46).

The quote above shows that Aaron wants to help Laurie as well as find out what if Michael and Laurie meet each other. Aaron wants Laurie to say what Laurie wants to say to Michael but she refuses and chooses to expel them. Laurie refuses the invitation because her past with Michael Myers has terrible memories and it still haunts Laurie, which in the end their conversation is not continues and Laurie wants them both to leave.

Denial

The next ego defense mechanism is Denial. Denial is a form of defense with

denial of what is felt and prefers to reject it to relieve anxiety. In John Passarella *Halloween*, researchers found this Denial in the character Laurie Strode, which is describes in the following quote.

"You can't reason with him," Laurie said. "You can't bargain with him. There is nothing human there. The sooner you realize he is evil—and only evil—the sooner you'll understand what must be done." "Depraved men commit evil deeds," Hawkins said. "But evil is not a thing itself. Myers is as human as you or me." "That's where you're wrong, Hawkins," Laurie said. As he gave her a dismissive wave of his hand and headed toward his cruiser, she called after him, "Believe in the Boogeyman or don't believe. He'll kill you all the same." (Passarella, 2018: 256).

The quote above shows that Laurie did Denial to the fact that a Michael Myers is still a human being. During the chase Laurie met with doctor Sartain and sheriff Hawkins. At this moment there was a bit of debate between Laurie and Hawkins about Michael Myers. Hawkins said that Michael was also a human being just like them. However, Laurie clearly thinks that Michael is the embodiment of evil and that his body is just a shell, there is no more humanity in Michael Myers.

Rationalization

In John Passarella's *Halloween*, another ego defense mechanism is found, namely Rationalization. This defense is an individual's way of explaining his feelings rationally in order to be accept and to protect the individual's self-esteem. On the character of Laurie Strode, the researcher found a quote that indicates the defense mechanism of Rationalization. The following excerpt and explanation below.

“As always, Laurie had her own agenda and was unwilling to listen to reason, only to the scared voices in her own head. “Evil is real,” she said. “You don’t know what it’s like to feel true terror. To be powerless.” Her voice softened. “I don’t ever want you to feel that way. I only want to prepare and protect you.” (Passarella 2018: 165).

The quote above shows Laurie's rationalizing behavior when she explains to her daughter that danger is threatening them. Her daughter assumes that Laurie is experiencing paranoia. Laurie's rationalization through her words can seem to convince her daughter to understand what Laurie is doing. As a result a mother and daughter's quarrels were inevitable.

the above quote that has been describes is the mechanism of ego defense that appears in the character Laurie Strode in John Passarella's *Halloween*. There are some other quotations and more or less the same as what the author has describes above. Therefore, the author presents quotations that have correlations and are in accordance with the behavior of ego defense mechanisms.

CONCLUSION

Defense mechanisms are a way that individuals avoid and defend themselves psychologically from problems or are in a state of difficulty. This is due to the behavior of the individual who always maintains and defends the weakness side of the individual so as to be able to present a pretext or reason for his wishes to be fulfilled. The defense mechanism also reacts consciously or unconsciously to the individual from a painful emotion or feeling. The analysis the researchers conducted on Laurie Strode's character in John Passarella's *Halloween*.

The analysis the researchers conducted on Laurie Strode's character in John Passarella's *Halloween* gives readers an insight into how defense mechanisms work and what kinds of defense mechanisms appear in Laurie Strode's character in John Passarella's *Halloween*. In general, the novel depicts the psychological condition of a woman who spends her time waiting for nightmares she has experienced in the past that eventually come back when she is elderly and has a family. The mechanism Laurie Strode shows can be seen as she interacts with other characters including her own family. Based on research conduct by the author on the defense mechanisms John Passarella's *Halloween*, it can be concluded as follows. Three aspects of the defense mechanism (id, ego, and super ego) in Laurie Strode figures found that the id aspect dominated more than the ego aspect and the super ego. As the story progresses, the id impulses still dominate Laurie Strode's character.

Researchers finds indications of anxiety shown by Laurie Strode in John Passarella's *Halloween*. This anxiety in Laurie's character is Real and Neurotic. As the author has explained in the previous chapter that real anxiety or also can be called objective anxiety cause by an experience gain from the individual so as to cause trauma and fear. While Laurie's neurotic anxiety is like delusions of seeing the presence or figure of Michael Myers at times, especially when Laurie stares in the dark. In John Passarella's *Halloween* anxiety that emerges from Laurie Strode's character researchers found seven quotes in the novel that indicate both anxiety. Researcher is also found the reflections of defense mechanism in Laurie Strode, which are displacement, repression, denial and rationalization.

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