

**RACHEL GERHARDT'S ANXIETY AND DEFENSE MECHANISM  
PORTRAYED IN RUTH WARE'S *THE TURN OF THE KEY***

**A THESIS**

**Presented in a Partial Fulfillment of the Requirements for Completing The  
Sarjana Degree in Department of English Literature**



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2023**

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**This is to certify that the Sarjana Thesis of BILLY IKHLAS MULIA entitled "RACHEL GERHARDT'S ANXIETY AND DEFENSE MECHANISM PORTRAYED IN RUTH WARE'S *THE TURN OF THE KEY*" has been approved by the thesis advisor for further approval by the Examining Committee**

**Surabaya, 15 Juni 2023**

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## ABSTRACT

This study aims to examine the anxiety and defense mechanisms of Rachel Gerhardt in Ruth Ware's *The Turn of the Key*. The purpose of this study is to analyze Rachel Gerhardt's types of anxiety and then establish which defense mechanism Rachel Gerhardt uses. This research is performed because anxiety always occurs in everyday life and subconsciously employs defense mechanisms to overcome the anxiety. The data source of this study is the novel *The Turn of The Key* by Ruth Ware. The method applies in this research is the descriptive qualitative method. This study uses the theory of psychoanalysis and defense mechanisms by Sigmund Freud. This study uses a psychological approach because it applies psychoanalytical theory and aims to reveal how the subconscious expression works, especially the defense mechanism. Based on the analysis, it can be concluded that Rachel experiences three types of anxiety: realistic anxiety, neurotic anxiety, and moral anxiety. Rachel uses eight defense mechanisms, such as rationalization, sublimation, reaction formation, regression, displacement, projection, introjection, and fixation, to relieve the anxiety that Rachel experience.

**Keywords:** *Psychoanalysis, Anxiety, Defense Mechanism*