

Self-defense mechanism of the main characters in the novel *Pünktchen und Anton* (A study of Sigmund Freud's psychoanalytic theory)

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ABSTRACT

Self-defence mechanism is part of Sigmund Freud's psychoanalytic theory. According to Freud, self-defence mechanism is an individual way of coping with anxiety-related outbursts. Anxiety can arise when there is a conflict of desire between the id and ego because the id gets a sex drive and aggression that forces the ego to do something it wants. The problem of individuals who overcome anxiety by self-defence can also occur in human "creation" in the form of characters in literary works, as in the novel. The novel to be studied in this research is a children's novel from Germany entitled Pünktchen und Anton by Erich Kästner. The main characters, Pünktchen and Anton, are still in elementary school. Pünktchen and Anton have different life problems from each other. This study aims to know in depth or to explore the type of self-defence mechanism used by the two main figures in the face of anxiety. This research is qualitative research with a content analysis method. The results show there are 31 data on self-defence mechanisms in this novel. Pünktchen uses the form of Repression 3 data, Reaction Formation 6 data, Displacement 1 data, Fixation 1 data, Disclaimer 1 data, and Rationalization 1 data. Anton uses the form of Repression 4 data, Reaction Formation 6 data, Displacement 3 data, Sublimation 2 data, and Rationalization 3 data. The second sub-focus on the type of personality of the main character, the results show Pünktchen used 4 data for id, 4 data for superego, and 1 data for ego. It means Pünktchen's personality is dominated by id and superego. Anton used 3 data for the id, 6 data for the ego, and 5 data for the superego. It means Anton has a healthy personality because he was dominated by his ego.

Keywords: *self-defence mechanism, the main character, novel*

INTRODUCTION

According to Sigmund Freud, the personality of an individual is likened to the phenomenon of an iceberg in the middle of the ocean. The part that is visible above the sea is only a small part and it is described as the conscious. Meanwhile, the part under the sea which turns out to be much larger, and invisible to the naked eye is likened to a part of the unconscious, which is still divided into two parts, namely the unconscious and the subconscious. According to Freud, personality consists of three structures, namely the id, ego, and superego. For Freud, the most primitive part of the mind is das Es or "that" (it), which is almost always translated as id. The second part is das Ich, or "I" (I), which is translated as ego; and the last is das Uber-Ich or "I am more" (over-I), which in English is called the superego. These three levels interact with each other so that the ego can enter through various topographical levels and has components of the conscious,

subconscious, and unconscious. While the superego is in the subconscious and the unconscious, while the id is completely in the subconscious.

The self-defence mechanism is one of the ways for an individual to deal with the outbursts of anxiety that arise within him. Anxiety itself can arise when there is a conflict of desire between the id and the ego, or the ego and the superego. This conflict occurs because the id or superego gets encouragement in the form of sex drive and aggression. This encouragement forces the ego to do something it wants. The self-defence mechanisms that appear in each individual will vary according to each personality type. For example, an individual with an inferior personality type (who always feels guilty) will choose a self-defence mechanism in the category of reaction formation. This type of mechanism would hide his anxiety and then replace it with a reaction contrary to his conscience. On the other hand, psychologically healthy personality types will overcome the anxiety that arises in them by choosing self-defence mechanisms in the sublimation category. Sublimation is an individual's way of diverting the anxiety that arises in him to positive things that are acceptable in his social environment. This positive thing can be in the form of creative activities such as creating a work of art, playing music, including creating a work of literature.

The problem of individuals who can overcome anxiety by doing self-defence does not only occur in human life in the 5 real worlds. This can also happen to "created" humans in the form of characters in a literary work, such as characters in novels. An author will usually describe the characters and their characteristics in a novel in detail more detail. The author will display conflicts and dialogues, which can help readers understand the characters and their characteristics of the characters.

Today the science that examines the understanding of character and character traits in a novel is called the science of literary psychology. According to the psychology of literature, literary works are seen as psychological activities. That is, the creation of a literary work, for example, a novel, will involve psychological aspects, both from the author as the creator, and the reader as the viewer, including the characters created in the novel. The novel that will be studied in this research is a children's novel from Germany entitled *Pünktchen und Anton* by Erich Kästner. The main characters are named Pünktchen and Anton who are still in elementary school. Pünktchen and Anton have different life problems from one another. Pünktchen lives in a wealthy family but does not get love from his parents because he is busy working. In contrast to Anton, he lives in a very poor family with his widowed mother, but both of them love each other.

This novel becomes even more interesting to study because the story was filmed in Germany and won several awards such as Best Children Film Bavarian Film Award (1999), Adult's Jury Award Chicago International Children's Film Festival (1999) dan Children's Jury Prize Montreal International Children's Film Festival (1999).

It is these self-defence mechanisms used by Pünktchen and Anton that are interesting to study, because both of them are still children, but can handle the outbursts of anxiety they experience well and tend to be more positive. Then in this study, the self-defence mechanism used by the main character will be related to the character's personality, because in Freud's theory, self-defence mechanism and an individual's personality are interrelated.

Literary work is a creative activity or a work of art. In Indonesian, the word literature comes from Old Javanese which means writing. In Sanskrit, "sas" means to explain, to instruct, or to instruct; and "tra" which means tool. The word literature itself when combined will have the meaning as a tool or means to give instructions, explain, or give instructions to all connoisseurs of literature. If the word literature is combined with the word work, it will have the meaning of a work/creation of someone who can be used as a tool to provide instructions and instructions to all connoisseurs of literary works.

Literature in German is defined as *Literature*. In the development of literature in Germany, the meaning of the word literature itself can vary. An article from the University of Wien entitled "*Einführung in die Literaturwissenschaft*" (Introduction to literature) explains the word literature or literature as follows: *lateinisch littera, Buchstabe, litteratura, Buchstabenschrift, Schreibkunst: 1) im weitesten Sinne alle geschriebenen bzw. Gedruckten Texte (Literalität gegenüber Oralität); 2) in einem engen Sinn alle (belletristischen) Texte, die den vorrangigen Gegenstand der Literaturwissenschaft und der Literaturkritik bilden. Der Begriff wird 3) auch angewendet für das Fachschriftum eines bestimmten Gebiets*" The definition above defines literature as written spelling (writing), writing containing art, or in a broad sense, namely all texts or writings that have been printed (except oral literature), including writings on literary science and literary criticism as well as scientific writing (journals) in certain themes. From the understanding above, it can be observed that the notion of literature tends to lead to written literature. It is also said that what is called a literary work is all writing that contains art or writing that criticizes a literary work itself.

One type of literary work that will be discussed in this study is the novel. The novel comes from the Italian vocabulary novella (which in German is called novelle). Novella means 'a small novelty' and is then interpreted as a short story in prose. (Abrams, 1981:119). The terms novella and novelle contain the same meaning as the Indonesian term novelette (English: novelette), which means a work of prose fiction that is of sufficient length, not too long but not too short either.

For Freud, the most primitive part of the mind is das Es or "that" (it), which is almost always translated as id. The second part is das Ich, or "I" (I), which is translated as ego; and the last is das Uber-Ich or "I am more" (over-I), which in English is called the superego. The id is a core part of the personality that is completely unconscious by humans. Id comes from the pronoun "something" or "it" (the it) or a component that is not fully recognized by personality. The id has no contact with the outside world but always tries to reduce tension by satisfying basic desires, so it is called the pleasure principle. The ego or I is the only area of the mind which has contact with the real world. The ego is controlled by the reality principle. The ego holds an executive role as a decision-maker of one's personality. In the process, the ego can enter into the elements of the conscious, subconscious, and unconscious. In one's personality, the superego is the area that holds the role of moral and ideal aspects. The superego is controlled by moralistic and idealistic principles. The superego has two subsystems, namely conscience and ego ideal.

The theory of self-defence mechanisms developed by Freud received refinement from his daughter, Anna. This theory explains that self-defence mechanisms arise in a

person to suppress direct sexual and aggressive outbursts. Self-defence mechanisms are built by the ego to defend itself from anxiety due to sexual urges and aggression. The 10 forms of self-defence mechanisms which will then be analysed in this study are (1) Repression, (2) Reaction Formation (Reaction Formation), (3) Displacement, (4) Fixation, (5) Regression, (6) Projection, (7) Introjection, (8) Sublimation, (9) Denial, and (10) Rationalization.

RESEARCH METHOD

This study uses a psychoanalytic approach with Sigmund Freud's theory of self-defence mechanisms. The method used is content analysis according to Krippendorff. In theory, Laswell emphasizes an in-depth discussion of written information/data which is the object of research. However, this research only focuses on the use of objective data.

The primary data source used in this study is the novel *Pünktchen und Anton* by Erich Kästner which is a German-language novel, while the secondary data sources are sources that contain theories about self-defence mechanisms, personality, as well as about the main character.

RESULT AND DISCUSSION

Research Findings Regarding the Main Character's Self-defence Mechanisms in the Novel *Pünktchen und Anton*. In this novel, data were found in the form of the use of self-defence mechanisms in the form of repression of as many as seven (7) data, self-defence mechanisms in the form of formation of reactions (reaction formation) as many as (12) data, in self-defence mechanisms in the form of diversion, data were found as many as four (4) data, In the self-defence mechanism of the regression form, only one (1) data was found involving the *Pünktchen* character. In the self-defence mechanism in the sublimation form, only two (2) data were found involving the character, *Anton*. In the self-defence mechanism in the form of denial, one (1) was found) only data involving the *Pünktchen* character. In the self-defence mechanism of the rationalization form, one (1) data was found involving the *Pünktchen* character and three (3) data involving the *Anton* character.

Research Findings Regarding the Personality of the Main Characters in the Novel *Pünktchen und Anton*. In this novel, 7 data explain the personality of the two main characters through the "id" personality structure. In this novel, seven (7) pieces of data explain the personality of the two characters through the ego structure. For the personality described through the use of the superego, there are nine (9) data.

Research Findings Concerning the Personality Characteristics of the Main Characters in the Novel *Pünktchen Und Anton* 1. *Pünktchen's* character has a pleasure-seeking personality, which is dominated by the id, and a personality that always feels guilty and inferior, which is dominated by the superego. The characteristics that explain personality are proven based on the data obtained in this study *Pünktchen's* personality which is dominated by the id has 4 data, and personality which is dominated by the superego there are 4 data. Meanwhile, the personality which is dominated by the ego is

obtained only 1 data. Pünktchen's personality trait of always seeking pleasure is supported by the theory of the id which states that the id is filled with energy for the fulfilment of pleasure, and the id acts uncontrollably. Likewise, Pünktchen often acts to fulfil his satisfaction. Apart from having a personality that always wants to seek pleasure, Pünktchen also often acts dominated by the superego. His characteristics are that he always feels guilty when he cannot help others. This is the theory that the superego contains moral and idealistic values. The superego also contains values about something that "should not be done" by individuals and about something that "should be done". One of the supporting data is when Pünktchen helps Anton secretly. At that time, Pünktchen managed to convince Anton's teacher not to send a warning letter to Mrs. Gast, Anton's mother.

Anton's character is said to have a psychologically healthy personality type because his personality is dominated by ego. The data shows that Anton has a psychologically healthy personality, where Anton's actions are under the control of the ego as much as 6 data, 3 data are controlled by the id and 5 data are controlled by the superego. Psychologically healthy personality traits can also be seen in Anton's action quotes, who always consider the pros and cons of the actions he will take. It's not uncommon for Anton to sacrifice his own needs to help or prioritize the needs of others. This is following the theory which says that the ego is the decision-maker in a person. The ego acts using human common sense by considering and becoming a bridge between the desires of the id and the ego.

CONCLUSION

After analyzing and discussing the research findings, it was concluded that the two main characters mostly use self-defence mechanisms in the form of reaction formation (reaction formation). The results of the research show that there are 31 data on self-defence mechanisms in this novel. Pünktchen uses the form Repression 3 data, Reaction Formation (Reaction Formation) 6 data, Displacement 1 data, Regression 1 data, Denial 1 data, and Rationalization 1 data. Anton uses the form of Repression with 4 data, Reaction Formation with 6 data, Displacement with 3 data, Sublimation with 2 data, and Rationalization with 3 data. In the second sub-focus, which discusses the personality types of the two main characters, 23 data are obtained that explain the personalities of the two main characters in the novel. Then Pünktchen's character has a personality that is dominated by the id and superego in a balanced way, namely 4 data for the id, and 4 data for the superego. And the personality that is dominated by the ego has 1 data. Meanwhile, Anton's character is explained with 3 data dominated by the id, 6 data dominated by the ego, and 5 data dominated by the superego. Thus, the character Anton is said to be a psychologically healthy human being because his personality is dominated by ego.

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