

CHAPTER I

INTRODUCTION

This chapter consists of five subchapters. The subchapters cover the background of the study, the statement of research questions, the objectives of the study, the significances of the study, the scope and limitations of the study.

1.1 Background of the Study

According to the Indonesia-National Adolescent Mental Health Survey 2022, 15.5 million (34.9 percent) adolescents experience mental problems, and 2.45 million (5.5 percent) adolescents experience mental disorders. Of that number, only 2.6 percent accessed counseling services, both emotional and behavioral. The younger generation is particularly prone to anxiety caused by a number of factors. Anxiety that occurs at this time is generally caused by the instability of human mental health which then causes feelings of uneasiness and fear. Humans generally want a peaceful life without fear, but such a situation is not possible when humans coexist with other creatures. Human will face various kinds of problems.

The problem can be caused by other people, the environment, and even humans themselves. Problems caused by some of these things affect human psychological conditions and will cause fear or anxiety. Anxiety can arise for several reasons and can also be overcome in several ways. According to Tyson (2006, p. 16-17) states that these problems can occur from the environment or from human themselves. Some of the problem associated with anxiety or can be the cause of anxiety; fear of intimacy, fear of abandonment, fear of betrayal, low self-esteem, insecurity or instability, oedipal fixation or oedipal complex. To overcome anxiety, people can visit a psychologist to consult about the problems they are experiencing or they can use defense mechanism to overcome their fear problems.

Defense mechanisms defined as psychological mechanisms that are unconsciously emerged in a person in order to protect themselves from anxieties.

Defense mechanisms often involve some type of reality distortion to help a person deal with an unsafe situation. The growth of psychoanalysis depended on understanding these defense mechanisms. During the formative years of life, when the ego is still developing its capacity to contain libidinal desires, these defense mechanisms serve to protect the ego. Regression can be observed when individuals engage in behaviors that are characteristic of earlier stages of development. Regression behavior is similar to fixation behavior in that it is rigid and infantile (Freud, 2006, p. 36).

Dealing with the statement above, environment and human causes the anxiety. Human can learn the study of psychological conditions itself but cannot realize that the causes of anxiety and the self defense mechanism are caused by something that is around them. There are many interesting topics raised in literary work which describe psychological issue where environment is the main factor of anxiety.

Anxiety that appears in Yann Martel novel entitled *Life of Pi* is reflected when the main character experiences a ship accident that causes him to be in the middle of the ocean and has to live on a ship with a hungry tiger. The main character experiences anxiety because he will be used as a food by hungry tiger, Richard Parker. Anxiety allows constantly vigilant ego to be alert for signs of threat and danger (Freud, 2006, p. 34). In the story, Pi as the main character fights and defends to keep himself safe without worrying about being killed by the hungry tiger. Pi practiced the defense mechanism that his father had taught him when he was a child. From this condition, Pi experiences psychological problems and anxiety about the occurrence of life-threatening danger. When experiencing an anxiety, that is when the defense mechanism naturally emerges to save the main character from being attacked by a hungry tiger.

Yann Martel the author of this novel is a writer or novelist from Canada who was born on June 25, 1963. His works have been published and some have received awards. His novel titled *Life of Pi* managed to become one of his best-selling works. Martel emphasized that was his quest to understand “the

mechanism of religious faith” that inspired him to write the novel. This research uses a novel by Yann Martel titled *Life of Pi* as the source of data. The publisher of this novel is RHC (Random House Canada). The genre of this novel is magical realism and fiction. This novel was published in 2003. This novel tells about the main character named Pi or Piscine’s life and grow in the zoo with his family. His family is the owner of the zoo. In fact, his family's zoo bankrupt at that time. That makes him and his family should move to Canada. All of the animals zoo were brought for sale. But on the way to Canada, they ship through the Mariana Trench and crash because of the storm. This story tells that all of Pi’s family is not found, and Pi was the only survivor of a cruise ship accident caused by a tornado in the middle of the ocean. Pi get the emergency boat prepared by the cruise ship when an emergency occurre and he try to survive with the boat, unexpectedly he find a tiger called Richard Parker on his boat. That makes him feel scare and should be alert because he will spend time with the hungry tiger.

The focus of this study is a discussion of anxiety and defense mechanisms of the main character in the novel. The theory used to complete this study is the theory of human psychology, psychoanalysis theory by Sigmund Freud. The topic is interesting to be discussed because this topic will give many knowledge for the readers to know how the anxiety that the main character experienced and how he defends himself to avoid being eaten by the hungry tiger, because the novel use first person point of view it will be a little difficult to understand without a detailed understanding. The first question will be answered by focusing on what kinds of anxiety suffered by the main character which represented by dialogues and events. Furthermore, this study will understand which the causes of the anxiety faced by Pi is. Finally, this study will analyze how the main character fight his anxiety by carrying out self defense mechanisms.

Various studies are relevant to this study including, a research article entitled *An Analysis of Educational Value and Defence Mechanism in Life of Pi Novel By Yann Martel* by Nurul Azmi Aprianti from Indraprasta PGRI University (2022). In this research, the writer more focused on human psychic

condition that the main character experienced. A thesis entitled *Anxiety and Defense Mechanism of Hannah Bakery in Jay Asher's Thirteen Reasons Why* by Nanda Saraswati from Maulana Malik Ibrahim State Islamic University Malang (2020). The study focused on a psychological approach that discusses the anxiety experienced by the main character in a novel entitled *Thirteen Reasons Why*. An undergraduated thesis entitled *Pi's Defense Mechanism in Coping His Anxieties as Portrayed in Yann Martel's Novel Life of Pi* by Nurul Karimah from Universitas Islam Sultan Agung (2018). This research analyzes a work on psychological development. A study entitled *Defense and Coping Mechanisms in Life of Pi* by Sarah Smith from Prezi (2014). The study focus on analyzing the defense mechanisms of Pi to survive in a boat with the animal. A thesis entitled *The Main Character's Anxiety Reflected in Wonder by R.J Palacio: A Psychoanalysis Study* by Venna Melinda from University of Trunojoyo Madura (2021). The study focused on the psychological conditions of the main character in the novel *Wonder* by R.J. Palacio.

The differences between the previous study with this study are, the source of data, in the previous study two and five, the writer of the study used a different novel. The second previous study used novel entitled *Hannah Bakery in Jay Asher's Thirteen Reasons Why*. In the fifth previous study use a novel entitled *Wonder*. The focuss of the study, this study focuss on analyzing the causes, the types, and the defense mechanism used by the main character by detailing the causes, types and how the main character copes with her anxiety, so that this study finds different results from previous research.

1.2 The Statement of Research Question

1. What are the causes and the types of anxiety experienced by the main character in the novel *Life of Pi*?
2. How does the main character overcome his anxieties in the novel *Life of Pi*?

1.3 The Objectives of the Study

1. To identify the causes and the types of anxiety experienced by the main character in *Life of Pi* novel.
2. To describe how the main character struggles his anxieties in *Life of Pi* novel.

1.4 The Significance of the Study

There are two prominent significances of this study, theoretically and practically, as follows: theoretically, this study has benefits for the theory, to maintain the existence of the theory used. This study can enrich character analysis in literary studies and this study provides a solution to find out the right theory and method to analyzing of human psychology. Practically, this study can improve knowledge regarding the psychological condition of the main character for the reader, this study can provide more knowledge in understanding the theory and how to applying it in a literary work, this study can provide input and knowledge to know an overview of an analysis of anxiety and self-defense mechanisms in novels and make the writer understand indirectly the meaning contained in the literary work by reading it several times. This study can be a reference or previous study for further research on the same topic or literary work. This study can be a learning media in the English Study Program and can be one of the curriculum builders for the University of Trunojoyo Madura.

1.5 The Scope and Limitations of the Study

The reason why the writer chose to analyze Pi as the main character in a work by Yann Martel as a study is because this novel has advantages in terms of its author. The author is able to bring up a condition that cannot even be rationalized by human logic.

The scope of this study is psychoanalysis which concern about the human psychological conditions use Psychoanalysis theory by Sigmund Freud. In addition, the writer explain how the main character, Pi overcomes the anxiety by using the defense mechanism in accordance with the way the character overcome anxiety in the novel. The limitation of this study focused on the main character's

utterances, behaviour and the narration by the author in *Life of Pi* by Yann Martel novel that are relevant with the research questions.