



**Defense Mechanism on The Main Character Depicted in
The Babadook Movie**

A FINAL PROJECT

In Partial Fulfillment of the Requirement
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DEFENSE MECHANISM ON THE MAIN CHARACTER DEPICTED IN

THE BABADOOK MOVIE

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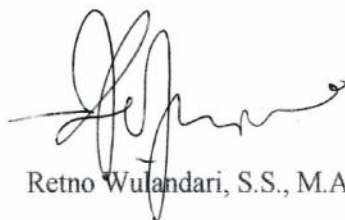
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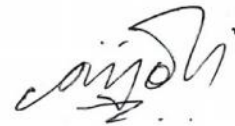
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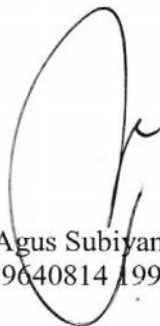
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MOTTO AND DEDICATION

Man JaddaWa Jada

(Umar Bin Abdul Aziz)

Patience is bitter, but its fruit is sweet

(Aristotle)

Patience is the key which solves all problems

(Sudanese Proverb)

You may see me struggle but you will never see me quit

(Anonymous)

*This project is dedicated to
My beloved mother and myself
To everybody who supported me complete this project*

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ABSTRAK

Penelitian ini membahas suatu nilai mekanisme pertahanan diri yang terkandung dalam sebuah karya film dari Jennifer Kent yang berjudul *The Babadook*. Projek ini bertujuan untuk menunjukkan contoh – contoh nyata dari adanya mekanisme pertahanan diri dalam setiap individu. Mekanisme pertahanan diri merupakan perkembangan ilmu psikoanalisis yang berdasarkan pada teori Sigmund Freud yang dikenal sebagai suatu tanggapan yang bersifat positif ataupun negative dari setiap individu dalam menghadapi suatu kejadian atau masalah tertentu. Salah satu tanggapan dari mekanisme pertahanan diri yang positif adalah seseorang akan berusaha untuk lebih baik diam dan bersabar daripada menuruti amarahnya. Sedangkan untuk tanggapan dari mekanisme pertahanan diri yang negative adalah seseorang akan cenderung mengikuti amarahnya ketika dihadapkan pada situasi yang membuatnya tertekan.

Kata Kunci: Mekanisme pertahanan diri, Teori Sigmund Freud, Psikoanalisis

1. INTRODUCTION

Defense mechanism is a manner in which we think or behave in particular ways to protect and defend ourselves. Defense mechanism is an attempt to alleviate anxiety by using methods that deny, falsify, or distort reality and that impede the development of personality (Freud, 1954:85). Defense mechanism has several types, such as repression, projection, negation, displacement, sublimation, denial, regression, rationalization, and reaction formation. This paper will analyze three types of defense mechanism which are sublimation, displacement, and denial. This theory is all about the influence of people's own unconscious mind towards their behavior. Freud believes that human's mind consists of three elements, namely *id*, *ego*, and *superego* which they have important roles in resulting in a defense mechanism.

Roger Ebert as the film critic of the Chicago Sun-Times in 1967 and honorary degrees from American Film Institute says in his journal which according to Robert Le Prince (10 : 1888) movie is a flexible film running through a camera and recording a strip of images in real time. Aside from its purpose to entertain public, movie is also one of the best media that is able to be a way to give an information or deliver particular messages indirectly. *The Babadook* is a 2014 Australian-Canadian psychological horror movie written and directed by Jennifer Kent. Aside from that, *The Babadook* has won nine awards category which is earned from British Board of Film Classification such as best film, best direction, best original screenplay, and best first feature from The Australian Academy of Cinema and Television Arts Awards (AACTA) and Saturn award,

then best horror, best limited-release, best screenplay, best actress, and best supporting actor from Empire Award and Fangoria Chainsaw Award.

The writer is interested in analyzing this movie because there are some defense mechanism values which are clearly contained within the movie, especially in the main character of the movie named Amelia. Amelia is the main character on this movie, she is depicted to have a behaviour which shows the defense mechanism aspects related to how defense mechanism values arise in horror movie. Amelia is the main character in this movie, whose attitude reflects a defense mechanism aspect.

Amelia faces a lot of troubles in her work that gives an influence to her financial. In summary, the defense mechanism aspect can be seen in how the character is able to struggle, substitute her sadness, and survive in running her life. She does not get any help from anyone, especially from men. This woman character does all of the things including the things that men supposed to do and all of men roles are been lived and done just only by herself. That is all the matters which make the writer is interested in analyzing defense mechanism aspect in *The Babadook* movie.

Furthermore *The Babadook* tells about a lovely family named Oskar and Amelia who have no trouble in running their life. Amelia is pregnant for the first time and they both seem so happy to welcome their first child. In the way to the hospital, they get crashed and Oskar is dead. When her first child is born, she is just being the only parent for her child named Sam. She raises Sam by her own

without help from anyone. Things that is very tough for Amelia that Sam behavior is very prankish, it can be seen when Sam against Amelia about what she tells to him, fight with his friends, and untill he drops out of school.

Amelia works as a nursing home to pay all of payment for her family, and she gets stress in this situation but she keeps trying hard to be a good mother and also should be able to be a father for Sam, and pay all the payment for her family necessity. One night, Amelia takes Sam to sleep to his bedroom by reading him a book entitled *Mister Babadook* which is randomly taken by Sam in a warehouse. The character of *Babadook* in this story is the demon of the mysterious storybook that always haunts anybody who opens the book. After reading the book of *Mister Babadook*, the terror begun. Because of that, Sam's behavior begin more prankish, naughty, and out of control and Mr. Babadook start to do a terror to her, and Amelia has never again had a good sleep because of the terror, this matter makes Amelia stresses and bothers her mind. She needs to face it all in the same time.

In the other night, Mr. Babadook goes back to do a terror again to Amelia by resembling her husband in purpose to kill her own child. She gets really stressed at the moment, she calls police about the disturbance to find a help but the result is nothing, they do not believe her. In the final scene, her stressfulness become her strength to against Mr. Babadook and when Mr. Babadook knows he fails, he disappears and Amelia and Sam back to be a lovely family again.

2. THEORETICAL FRAMEWORK

2.2 MOVIE THEORY

According to Christopher P Jacob (2001:5), a professional movie director, movies are entertainment. Movies are documents of time and place, in artistic forms of self-expression. Movies that we see at theatres, on television, or home video are typically narrative films. The writer will give deeper explanation about what happens in the movie in order to understand better about the movie elements. According to Pratista, “intrinsic elements in the movie are divided into two elements, narrative elements and cinematic elements(2008: 1)”.

Narrative elements consist of several elements, such as theme, character, and setting. Other than that, cinematic elements consist of visual elements and audio elements. A bit further about cinematic elements, there are visual elements and audio elements. Ascher and Pincus (1999) states that “there are several types of shots distance, which is also known as ‘field size’. Four of them which are often used are long shot, full shot, medium shot, and close up. While three of them that are rarely used are extreme long shot, $\frac{3}{4}$ shot (also known as ‘American shot’ or ‘cowboy shot’), and extreme close up (also known as ‘Italian shot’).”

2.1 DEFENSE MECHANISM

The writer uses a defense mechanism theory as a branch of psychoanalysis theory. Defense mechanism is an attempt to alleviate anxiety by using methods that deny, falsify, or distort reality and that impede the development of personality (Freud, 1954:85), while according to Alwisol (2009:23) defense mechanism is “*suatu strategi pertahanan yang diperankan oleh ‘ego’ yang dimiliki suatu individu untuk melawan impuls ‘id’ dan menentang tekanan ‘superego’ pada realitas.*” “a defense strategy played by an individual’s *ego* against a desire of *id* and *superego* pressure on external reality.”

Freud believes that defense mechanism helps shield the *ego* from the conflicts created by the *id*, *superego*, and reality. The *id* provides for the immediate discharge of quantities of excitation (energy or tension) that are released in the organism by internal or external information (Freud, 1954: 22). The *ego* is the executive of the personality, controlling, and governing the *id* and the *superego* and maintaining commerce with the external world in the interest of the total personality and its far-flung needs (Freud, 1954: 28). The *superego* is the moral or judicial branch of personality (Freud, 1954: 31)

There are three branches of defense mechanism which are used by individual to reduce the tension namely *sublimation*, *displacement*, and *denial*. *Sublimation* is the deflection of energy into intellectual, humanitarian, and cultural. The direct expression of aggressive instinct is transformed into apparently non-aggressive forms of behavior (Freud, 1954: 82).

Displacement is the opposite of the sublimation. The more explanation about the meaning of displacement according to Freud can be read as the paragraph below.

“The most variable feature of an instinct, i.e., reduction of tension, is achieved. If one object is not available the cathexis can shift from it to one that is available. This means that psychological energy has the property of being displaceable. The process by which energy is rechanneled from one object to another object is called *displacement*.” (Freud, 1954: 79)

The writer uses the three out of the nine aspects of defense mechanism because *denial*, *sublimation*, and *displacement* are the three stronger aspects of defense mechanism that are contained in the movie than the other aspects.

According to Columbia University Press (2003) Freud states the definition of *Denial* is the defense mechanism that operates unconsciously to resolve emotional conflict, and to allay anxiety by refusing to perceive the more unpleasant aspects of external reality.

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