

Analysis of defense mechanism in Simon vs the Homo Sapiens agenda novel

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Abstract

LGBT is a group of people who has sexual disorder compared to common people. LGBT normally living like usual people, they have community and interact like normal people. But in term of sexuality, they have different view. Like other community, Most of LGBT are hiding their sexual disorder and want a freedom to express their presence. This thesis focusses on defense mechanism on main character in the novel. The novel which is used is in this research is Simon vs The Homo Sapiens agenda written by Becky Arbertalli. The Main character is Simon who hides his identity as a gay and he is being threatened by his friend because his friend knows his secret. This research purpose is how Simon defense himself and what of reaction and impact of his counter measures. This research also focusses on what kind of defense mechanism which is used and what is the impact of defense mechanism. This research uses descriptive qualitative method. Data are collected by reading the novel and collecting any expression which showing the main character conducting defense mechanism. The theory which is used is from Anna Freud about Defense Mechanism. Data are analyzed by using Spradley's analyzing theory. This research is analyzed by using Spradley's. the result of this research shows that there are 25 defense mechanism in the novel which divided into 7 Denial, 6 fantasy, 5 Displacement, 3 projection, 3 reaction formula and 1 compensation. The impact of defense mechanism on character mostly are negatives, it means that the main character doesn't really express his feeling.

Keyword: Defense mechanism, LGBT, psychoanalysis

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A. Introduction

Psychoanalysis is a study about human behavior. Human behavior is not only mentioned in real life, but also in literature or modern literature like movie, video game, modern music and many others. According to Sigmund Freud (1923) about human personality, mental functioning nothing happens by chances. Every human think, feels, fantasies or even dreams and all of them do not have a psychological

motive. Freud believe that everything human do is motivated by inner unconscious force, driven by libido or sexual energy, aggression and libido are tied together and other laws of energy creates pleasure principle and reality principle. Freud also believe that Personality is created in first six years of life, unsolved reason is created by frustration and defense mechanism. Freud together with his daughter Anna (1936), states that defense mechanisms are psychological strategies that are unconsciously used to protect a person from anxiety arising from unacceptable thoughts or feelings.

B. Methods

Research design is a structured plan of research to connect between problem, theory, analysis then taking a conclusion. In this research, researcher mix all of those elements based on data in novel. This research uses descriptive qualitative method. Qualitative research is a process of research and understanding based on discussions that discuss social phenomena and human problems (Cresswell, .1998). Qualitative research is aimed at understanding social phenomena from the participant's point of view. Thus, the meaning or understanding of qualitative research is research used to examine the condition of natural objects where the researcher is a key instrument (Sugiyono, 2010). Descriptive method is a method in examining the status of a group of people, an object, a set of conditions, a system of thought or a class of events in the present. The purpose of this descriptive study is to make a systematic, factual and accurate description, description, or painting of the facts, properties and relationships between the phenomena investigated (Nazir 2013). Descriptive method is a method used to describe or analyze a research result but is not used to make broader conclusions (Sugiyono 2010).

This research will be conducted on Simon vs The Homo Sapiens Agenda as Media, the setting is located in America, the characters Simon Sapier, Blue, Leah Burke. Nick Eisner, Aqbigail Suso, Martin Addison, Cal price, Bram Greenfeld, Emily Spier, Alice Spier, Nora Spier. Even the sexual disorder of Simon vs the Homo Sapiens Agenda Novel.

The data source of this research is Simon vs The Homo Sapiens Agenda novel, website: <https://lovesimon.fandom.com>, Novel PDF: Obtained from Purchasing PDF at Tokopedia.

The primary data in this research is all sentences in the novel which considered as defense mechanism. The secondary data in this research is people's researches, books and websites.

Data will be analysis by using Spradley (2007) analysis which consist of 3 following steps. Domain analysis can be categorized as general or cultural meaning. It means that it includes subcategories semantically. The analysis to identify domains which is performed on basic of knowledge of cultural term. Taxonomy analysis is a concept of construction which obtained thru establishment of semantic relationship. Taxonomy reveals subsets and all things which related to all. Componential analysis is an establishment of domain and taxonomy. From those two elements, it the conclusion can be concluded.

C. Result

researcher found that there are 25 data which categorized as Defense Mechanism done by the main character.

Table 1. Defense Mechanism on Simon vs the Homo Sapiens Agenda

No	Defense Mechanism	Total	%
1	Denial	7	28
2	Fantasy	6	24
3	Displacement	5	20
4	Projection	3	12
5	Reaction Formula	3	12
6	Compensation	1	4
	Total	25	100

There are not so many defense mechanisms conducted by main character. The reason is because at the middle of the novel, the main character reveals his identity, so he doesn't need to do more defense mechanisms. The defense mechanism which can be found in the novel are.

1. Defense Mechanism

a. Denial

Denial is a defense mechanism in non-perception of reality form. It is anxiety in generating as in the case of going for a second diagnosis by denying the credibility of the first one. It means that someone who conducting denial is refuse to face a negative behavior. There are 7 denials in the novel, for example like when Simon is asked by Martin.

“Just curious,” he says. “Who’s Blue?” “No one. He lives in California.” If Martin thinks I’m selling out Blue, he’s fucking crazy. (page 3)

Simon was asked by Martin because Martin was curious about Blue. Even tough Martin knows Simon secret as a gay, He doesn’t reveal Blue’s identity. Simon who really hate Martin making a lie by telling Martin that Blue lives in California. Simon lies because he knows that Blue is someone from his school. Simon hates martin because he knows his secret. Because of that, Simon always avoid or talk carefully to Martin. Everything that Martin does to Simon is denied by Simon.

b. Fantasy

Fantasy is a defense mechanism which conjuring of imagining scenario to replace the real one. It means that, someone who doing fantasy defense mechanism will think about other fiction in his mind to replace real one. There are 6 Fantasy defense mechanism which obtained by researcher.

The first finding is when Martin found Simon’s secret. Simon feel surprised and angry, his mind running wild. The conversation as follow.

“Except it’s a little bit of a disaster, actually. Or possibly an epic fuckstorm of a disaster, depending on whether Martin can keep his mouth shut.” (Page 1)

From the conversation above, in his mind, Simon wants to close Martin’s mouth, but he actually doesn’t do that because he is afraid of Martin. It is normal that someone might doing fantasy defense mechanism in real life. For example, when someone meet with someone that he or she doesn’t like then talking, sometimes in our mind, we don’t want to talk with him or her. So, what we can do is like mumbling or smiling and talking nicely with mouth but contrary with in mind.

c. Displacement

Displacement is a defense mechanism which displace someone or something from actual target. There are 6 data which categorized as displacement. Displacement mostly happened to someone who afraid hurting people or has cowardly characteristic.

The first example of Displacement is on page 4, Simon worry that in the future, Martin will blackmail Blue after finding out Simon’s secret.

“Except for the fact that he’s blackmailing me. And by extension, he’s blackmailing Blue. That’s the part that makes me want to kick something” (Page 4)

From the scene, Simon really want to kick something but he doesn’t do that because he is afraid that Martin knows that he doesn’t like him.

d. Projection

Projection is a defense mechanism which placing our own impulse on others. It means that someone doing projection defense mechanism is forcing his thought into others. In the novel, there are only 3 data which categorized as projection.

First finding is on page 3. When Martin knows Simon’s secret, Martin asks Simon to do something for him.

“And what if I don’t? You’ll put the emails on Facebook? On the fucking Tumblr?” Jesus. The Creeksecrets Tumblr: ground zero for Creekwood High School gossip. The entire school would know within a day. We’re both quiet. “I just think we’re in a position to help each other out,” Martin finally says. I swallow, thickly. (Page 3)

After Martin requested something to Simon, before Simon agree or disagree with Martin’s request. He projects the consequences if he rejected Martin’s request.

e. Reaction Formula

In the novel, there are 3 reaction formula defense mechanism. Reaction formula is a defense mechanism which someone do the opposite of its motivation. First finding is on page 16.

He climbs into the seat. “What are you doing?” Avoiding Martin. “Watching videos,” I say. “Oh man. Perfect. I’ve got this song in my head.” “If it’s by the Who,” I inform him, “or Def Skynyrd or anyone like that, then no freaking way.” (Page 16)

From the scene, Simon tries to avoid Martin but he even makes Martin closer to him. This is happening because unexpected event or something which out of control.

f. Compensation

Compensation is a defense mechanism which occurred in a deficit in a particular area is compensated using the skill in a different area. In the novel, researcher only found one data. It is on page So, we haven’t exactly laid out the terms of this blackmail arrangement, but clearly it goes something like this:

Martin asks for whatever the hell he wants. And then I’m supposed to do it. It’s just so fucking awesome. “Look, I want to help you.” “Whatever you say, Spier.” “Listen.” I lower my voice, almost to a whisper. “I’m gonna talk to her and stuff. Okay? But you’ve got to let me handle it.” (Page 15)

From the scene, Simon not only good at one thing but he must be good for several thing because he must obey Martin.

2. The effect of defense mechanism

The defense mechanism which conducted by the main character can cause positive and negative effects.

Table 2. The effect of defense mechanism on novel

No	Effect	Total	%
1	Positive	9	36
2	Negative	16	64
	Total	25	100

a. Positive effect

There are 9 data which categorized as positive effect. This means that defense mechanism can cause a positive effect. The positive effect mostly because Simon is not an aggressive person. Most of positive effect occur because Simon just remain calm and only in his heart, he wants to do something contrary with in reality.

b. Negative effect

There are 16 negative effects caused by defense mechanism. This effect mostly because Simon acted roughly around his friends, especially when he get near Martin. Martin always makes Simon get angry and every time Martin ask him to do something, Simon always gets fury but still he is doing what Martin ask.

D. Discussion

Simon is a male teenager who studies at Creeksecret high school. He is a gay but seem like he never attached to any male. He has an online gay mate with nickname Blue. Simon lives becomes twisted since his secret as a gay was found by Martin. Martin asks him to get close to Abby so Simon can tell to Abby about Martin kindness. This story end after Simon reveal his secret as a gay to his friends and family and found Blue in real life.

Defense mechanism is a set of defenses tactical which used by most people due to unwanted condition. For example, meeting with someone you hate but he/she is your boss and you can’t just ignore him/her or you might trap in a situation where you want to punch someone you hate but you chose to release your anger to things around you. According to Anna Freud, there are 9 defense mechanism, they are Denial, Fantasy, Compensation, Projection, Displacement, Sublimation, Reaction, Formation, Regression Repression.

In the novel, Simon conducting 6 defense mechanisms because he must protect his secret from his friends. In the novel the defense mechanisms which used by Simon are: Denial, Fantasy, Displacement, Projection, reaction formula and compensation. This defense compensation mostly occurred to Martin. Most defense mechanism gives negative effect because Simon always afraid that his secret will be revealed to his friends.

Simon is a cheerful person, in his daily life, he is just a normal person, it means that there are no particular differences with other students in his school. He likes hang out with his friend and also play with them. In a family, Simon also treated as a good son. But the fact that he is a gay, passive gay. Passive gay means that he is a gay which only in personality and show it off only in a social media or certain person. The reason is because in his town, gay is a kind of abnormality. So Simon always tries very hard to hide his identity.

In order to hide his identity, Simon conducted defense mechanism. It can be vary which defense mechanism that he created. Most defense mechanisms are triggered when Simon near Martin.

But in the end, defense mechanism is no longer needed to do by Simon, because of Martin mistakes, Simon at last, reveal his secret to his friends and his family, he doesn't need to do defense mechanism anymore, and he is more aggressive after that.

The effect defense mechanism can be divided into two, positive and negative. The effect itself affect Martin the most and mostly negatives. It because the effect cause Simon to be more discomfort with Martin's order. Defense mechanism also play important role where Simon must reveal his identity as gay. For example, when Abby said that she like Simon, Simon must reveal his identity as gay so she won't accept him. But Abby doesn't care of Simon is a gay, she keeps telling him that she like him. Tired of making defense mechanism and also an attack from Martin makes Simon reveal his secret to his family and his family accept him. Even though the defense mechanism cause negative effect to people around Simon, but Simon never does a harmful way to express his anger. Only in his imagination he burst his emotions.

E. Conclusion

Based on theory, the researcher found 25 data which considered as defense mechanism. The search of data ends when Simon as main character reveal his identity as a gay to his parent, it means that he will not make any more defense mechanism. The 25 data are divided into 7 Denial, 6 fantasy, 5 Displacement, 3 projection, 3 reaction formula and 1 compensation. The effect of defense mechanism shows that negative effects mostly occurred than positives. (16 negatives, 9 positives). It makes Simon getting stress from doing his defense mechanism because of Martin's threats.

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