

CHAPTER IV

CONCLUSION

Based on the analysis conducted in the previous chapters, this study examines how anxiety is portrayed in the character Rachel Chu from Kevin Kwan's novel *Crazy Rich Asians* (2013) and how she manages it through various defence mechanisms. Drawing upon Freud's theory of anxiety, the study identifies three types of anxiety experienced by Rachel: Reality Anxiety, Neurotic Anxiety, and Moral Anxiety. First, Reality Anxiety emerges in a scene where Rachel discovers a disorganized room and finds a mutilated fish inside her bag, which suggests a direct threat to her safety. In response, Rachel utilizes Sublimation and Denial as defence mechanisms to manage her fear and regain emotional stability. Second, Neurotic Anxiety is depicted when Nick's mother and grandmother, explicitly disapprove of their relationship due to Rachel's different social and familial backgrounds. This situation intensifies Rachel's anxiety, especially upon realizing that both Nick's mother and grandmother reject her. To cope with this distress, Rachel employs Repression, suppressing the emotional turmoil associated with the rejection. Third, Moral Anxiety arises when Rachel confronts the extravagant lifestyle of Nick's family and their social network. The realization of their immense wealth creates a sense of inadequacy and self-doubt. In this context, Rachel resorts to Sublimation by channeling her feelings of insecurity into more acceptable and constructive behaviors. In conclusion, the study highlights that Rachel Chu's primary defence mechanisms to cope with her anxiety are Repression, Denial, and Sublimation. These mechanisms serve as psychological strategies that enable

Rachel to navigate and adapt to the complex social and emotional challenges presented throughout the novel. This research underscores the relevance of psychoanalytic theory in understanding the interplay between anxiety and defence mechanisms within literary characters, particularly in the context of socio-cultural conflicts. Despite the numerous anxieties and challenges she faces, Rachel Chu ultimately overcomes these obstacles and achieves personal growth, as evidenced by the novel's resolution, where Nick Young proposes to her, affirming their commitment and love for one another.