



**NORA SEED'S DENIAL REFLECTED IN MATT
HAIG'S *THE MIDNIGHT LIBRARY* (2020)**

A THESIS

**In Partial Fulfillment of the Requirements
for S-1 Degree Majoring Literature in the English Department,
Faculty of Humanities, Diponegoro University**

Submitted by:

Marshela Candra Aulia Putri

NIM 13020122140115

FACULTY OF HUMANITIES

DIPONEGORO UNIVERSITY

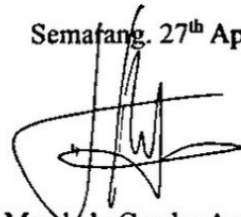
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2026

PRONOUNCEMENT

I confirm honestly that I wrote this thesis myself and that I have not included any work by other researchers in this diploma, S-1, S-2, or S-3 of any university. I also confirm that I do not take any material outside the references I mentioned.

Semarang, 27th April 2026

A handwritten signature in black ink, consisting of stylized, overlapping loops and strokes, positioned above the printed name.

Marshela Candra Aulia Putri

MOTTO AND DEDICATION

If you can't beat the fear, do it scared.

Anonymus

This thesis is dedicated to

The warm souls beside me, my beloved friends and family.

APPROVAL

NORA SEED'S DENIAL PORTRAYED IN MATT HAIG'S *THE MIDNIGHT OF LIBRARY* (2020)

Written by:

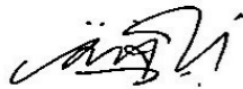
Marshela Candra Aulia Putri

NIM. 13020122140115

Is approved by the thesis advisor

on 27th April 2026

Thesis Advisor,



Ariya Jati, S.S., M.A.

NIP. 197802282005021001

The Head of English Department,



Dr. Drs. Oktiva Herry Chandra, M.Hum.

NIP. 196710041993031003

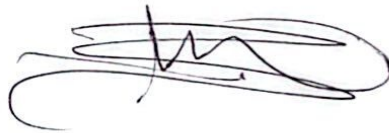
VALIDATION

NORA SEED'S DENIAL PORTRAYED IN MATT HAIG'S *THE MIDNIGHT OF LIBRARY* (2020)

Submitted by:
Marshela Candra Aulia Putri
NIM. 13020122140115

Approved by:
Strata I Thesis Examination Committee
Faculty of Humanities Diponegoro University
On June 12th, 2026

Chairman,
Drs. Jumino, M.Lib., M.Hum.
NIP. 196207031990011001



Member,
Zietha Arlamanda Asri, S.Hum., M.A.
NIP. 199311132024062001

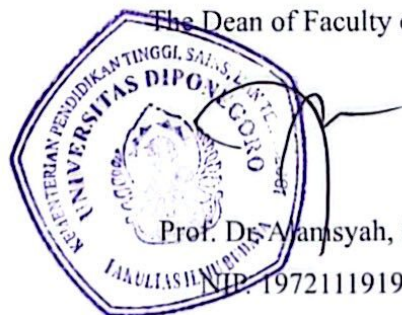


Member,
Ariya Jati, S.S., M.A.
NIP. 197802282005021001



Accepted and declared in Semarang on June 12th, 2026

The Dean of Faculty of Humanities,



Prof. Dr. Amansyah, S.S., M.Hum.
NIP. 197211191998021002

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I realize that this thesis is still far from perfect; therefore, I sincerely welcome any suggestions and criticism. I hope that this thesis will be beneficial for future researchers and fellow students.

Semarang, 27th April 2026



Marshela Candra Aulia Putri

TABLE OF CONTENTS

PRONOUNCEMENT	ii
MOTTO AND DEDICATION	iii
APPROVAL	iv
VALIDATION	v
ACKNOWLEDGEMENT	vi
TABLE OF CONTENTS	vii
ABSTRACT	ix
CHAPTER I INTRODUCTION	Error! Bookmark not defined.
1.1 Background of the Study	Error! Bookmark not defined.
1.2 Research Question	Error! Bookmark not defined.
1.3 Purpose of the Study	Error! Bookmark not defined.
1.4 Scope of the Study	Error! Bookmark not defined.
1.5 Previous Studies	Error! Bookmark not defined.
1.6 Writing Organization	Error! Bookmark not defined.
CHAPTER II THEORY AND METHOD	Error! Bookmark not defined.
2.1 Theoretical Framework	Error! Bookmark not defined.
2.1.1 Narrative Element Theories	Error! Bookmark not defined.
2.1.1.1 Character and Characterization	Error! Bookmark not defined.
2.1.1.2 Setting	Error! Bookmark not defined.
2.1.1.3 Conflict	Error! Bookmark not defined.
2.1.2 Extrinsic Element Theories	Error! Bookmark not defined.
2.1.2.1 Anna Freud's Theory of Defense Mechanisms	Error! Bookmark not defined.
2.1.2.2 Denial	Error! Bookmark not defined.
2.1.2.2.1 Characteristics of Denial	Error! Bookmark not defined.
2.1.2.2.2 Causes of Denial	Error! Bookmark not defined.
2.1.2.2.3 Impacts of Denial	Error! Bookmark not defined.
2.2 Research Method	Error! Bookmark not defined.
2.2.1 Research Approach	Error! Bookmark not defined.
2.2.2 Method of Data Collection	Error! Bookmark not defined.

CHAPTER III RESULT AND DISCUSSION	Error! Bookmark not defined.
3.1 Narrative Discussion of the Research	Error! Bookmark not defined.
3.1.1 Character and Characterization	Error! Bookmark not defined.
3.1.1.1 Nora Seed as the Round Main Character	Error! Bookmark not defined.
3.1.1.2 The Characterization of Nora through Narrative Technique..	Error! Bookmark not defined.
3.1.2 Setting	Error! Bookmark not defined.
3.1.2.1 Setting of Place	Error! Bookmark not defined.
3.1.2.2 Setting of Time	Error! Bookmark not defined.
3.1.3 Conflict.....	Error! Bookmark not defined.
3.1.3.1 Internal Conflict	Error! Bookmark not defined.
3.1.3.2 External Conflict	Error! Bookmark not defined.
3.2 Extrinsic Discussion of the Research	Error! Bookmark not defined.
3.2.1 Nora Seed’s Characteristics of Denial...	Error! Bookmark not defined.
3.2.1.1 Refusal to Acknowledge Painful Realities	Error! Bookmark not defined.
3.2.1.2 Denial Enacted through Words and Acts	Error! Bookmark not defined.
3.2.2 Causes Shaping Nora Seed’s Denial	Error! Bookmark not defined.
3.2.2.1 Internal Instinctual Pressure	Error! Bookmark not defined.
3.2.2.2 External Overwhelming Reality.....	Error! Bookmark not defined.
3.2.3 The Impacts of Nora Seed’s Denial	Error! Bookmark not defined.
3.2.3.1 Temporary Relief from Anxiety and Unpleasure	Error! Bookmark not defined.
3.2.3.2 Distortion of Reality.....	Error! Bookmark not defined.
3.2.3.3 Potential for Transformation through Insight	Error! Bookmark not defined.
CHAPTER IV CONCLUSION.....	Error! Bookmark not defined.
REFERENCES.....	Error! Bookmark not defined.

ABSTRACT

People frequently employ psychological defense mechanisms to handle emotional pain, one of which is denial. That idea is represented through Nora Seed, the main character in Matt Haig's *The Midnight Library* (2020), who shows denial as a reaction to different life challenges. This thesis discusses characteristics, causes, and impacts of Nora Seed's denial. A descriptive qualitative method was applied using a literary psychology approach. The narrative elements were analyzed using Taylor's theory, while the extrinsic elements employed Anna Freud's theory of defense mechanisms. The result indicates that Nora comes across as a round character who changes through both internal and external conflicts. Nora's denial is characterized by refusal to acknowledge painful realities and by denial enacted through words and acts. Her denials are caused by internal pressures and external, overwhelming reality. Furthermore, denial provides temporary emotional relief while also distorting reality, yet in the end, transformation through insight. In conclusion, denial functions both as a psychological protection and as a mechanism that ultimately contributes to Nora's personal growth.

Keywords: defense mechanism, denial, literary psychology, *The Midnight Library*

