



**ANXIETY AND DEFENSE MECHANISM ANALYSIS
OF THE MAIN CHARACTER'S LOVE
RELATIONSHIP IN JENNY HAN'S *TO ALL THE BOYS
I'VE LOVED BEFORE***

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:

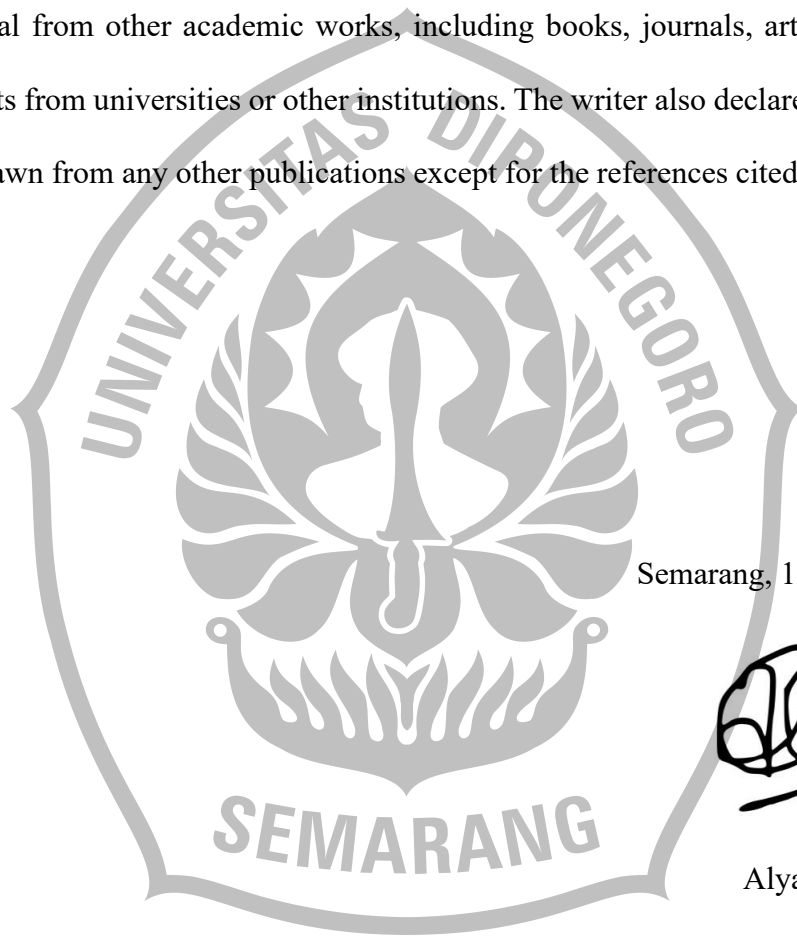
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2026

PRONOUNCEMENT

The writer declares that the thesis titled “Anxiety and Defense Mechanism Analysis of the Main Character’s Love Relationship in Jenny Han’s *To All The Boys I’ve Loved Before*” was written by the writer without plagiarizing any research material from other academic works, including books, journals, articles, or final projects from universities or other institutions. The writer also declares that she has not drawn from any other publications except for the references cited in this thesis.



Semarang, 18th May, 2026

A handwritten signature in black ink, appearing to read "Alya Nurul Izzaty", written over a horizontal line.

Alya Nurul Izzaty

MOTTO AND DEDICATION

“For indeed, with hardship [will be] ease.” – QS. Al-Insyirah: 5

“We don't need to worry. 'Cause when we fall, we know how to land” – BTS,

Permission to Dance



To the strong woman who survived all this time,

I dedicate this thesis to you, myself.

Also, my beloved family, my friends,

and the kind people who always support me.

APPROVAL

**ANXIETY AND DEFENSE MECHANISM ANALYSIS OF THE MAIN
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This thesis is open for criticism and suggestions from all readers, as I am fully aware that it is far from perfect. As the writer, I hope that this thesis will

contribute to the readers' knowledge and can be used as a reference for future research.

Semarang, 18th May 2026



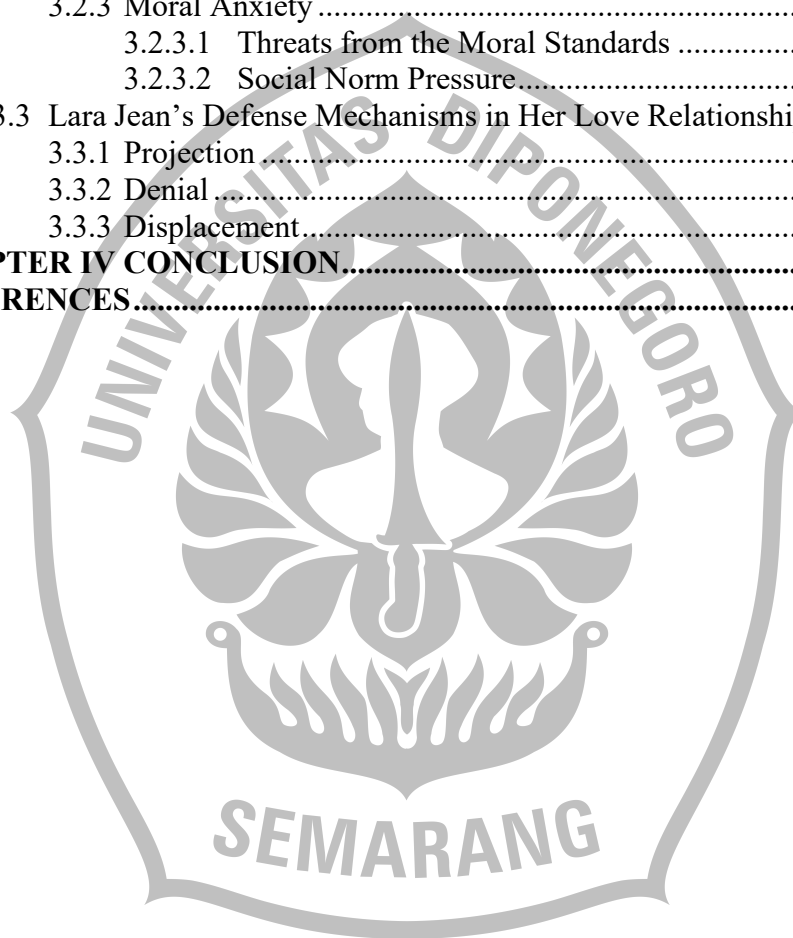
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ABSTRACT

This thesis analyzes the anxiety and defense mechanism in Lara Jean's love relationships, the main character of *To All the Boys I've Loved Before* written by Jenny Han. The primary objective of this study is to examine how internal and external conflicts trigger anxiety in Lara Jean and how her defense mechanisms emerge to protect her from threats that make her feel uncomfortable. To achieve this aim, the writer applies a psychoanalytical approach based on Freud's theory and also focuses on the intrinsic elements of the novel, namely character and characterization, setting, and conflict. The results of this study reveal that Lara Jean experiences three types of anxiety: realistic, neurotic, and moral anxiety. To cope with this anxiety, she uses more specific defense mechanisms, namely projection, denial, and displacement. The final conclusion of this thesis is that Lara Jean, as a girl who has never been in a love relationship with anyone, experiences a conflict resulting in anxiety within her love relationships. However, Lara Jean uses a defense mechanism that shifts from a form of protection to character development that marks her emotional maturity. Therefore, this thesis shows that anxiety is a signal of conflict threats, defense mechanisms are a temporary solution that leads to maturity when she dares to face problems instead of hiding behind defenses.

Keywords: *To All The Boys I've Loved Before*; psychoanalytical approach; anxiety, defense mechanism

