

ABSTRACT

This thesis deals with the anxiety experienced by Kenna Rowan, the main character in Colleen Hoover's *Reminders of Him*. This study aims to identify the types of anxiety experienced by the main character and the defense mechanisms she uses to cope with her anxiety. To analyze *Reminders of Him*, the writer uses Sigmund Freud's psychoanalytic theory to examine anxiety, Anna Freud's theory to identify the defense mechanisms of the character, and a psychological approach to literature. As for the research method, this study uses a qualitative descriptive method. The result of the analysis shows that Kenna experiences three types of anxiety, namely neurotic anxiety, moral anxiety, and realistic anxiety. Neurotic anxiety is reflected through overthinking and emotional instability. Moral anxiety appears through guilt, regret, and feelings of unworthiness, while realistic anxiety emerges from rejection, fear of losing her daughter, and legal consequences from her past. In dealing with her anxiety, Kenna uses several defense mechanisms, such as suppression, rationalization, displacement, sublimation, and avoidance.

Keywords: *anxiety, defense mechanism, psychoanalysis, Sigmund Freud, Anna Freud, Reminders of Him*

