



**ANXIETY AND DEFENSE MECHANISM
AS REFLECTED BY OTTO IN MARC FORSTER'S
*A MAN CALLED OTTO (2022)***

A THESIS

**In Partial Fulfilment of the Requirement for
the Bachelor Degree Majoring in American Studies in
English Department
Faculty of Humanities Diponegoro University**

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2023

PRONOUNCEMENT

The writer honestly proclaims that this thesis is entirely created by himself without taking any works of other researchers from any institution, whether S-1, S-2, S-3, or diploma degrees. The writer also guarantees that he does not quote any material from other work except from those cited as references mentioned in the bibliography.

Semarang, 14th July 2023

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Alex Nailal Muna

MOTTO AND DEDICATION

“And He found you lost and guided you.”

- **Q.S Ad-Duha: 7**

“Keep your eyes on the stars, and your feet on the ground.”

- **Theodore Roosevelt**

“Everything you lose is a step you take.”

- **Taylor Swift**

*This thesis is dedicated to
My dearest parents, siblings,
And also those who always shower me
With abundant support and love*

APPROVAL

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4. My parents and siblings who always support and encourage every positive thing that the writer does
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The writer realizes that this thesis is far from a perfect word. Therefore, the writer really expects readers to be able to provide constructive criticism and suggestions so that the thesis can be refined even better. At last, the writer expects that this thesis will be advantageous for the readers.

Semarang, 14th July 2023

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Alex Nailal Muna

TABLE OF CONTENTS

COVER	i
PRONOUNCEMENT	ii
MOTTO AND DEDICATION	iii
APPROVAL	iv
VALIDATION	v
ACKNOWLEDGEMENT	vi
TABLE OF CONTENTS	viii
TABLE OF PICTURES	xii
ABSTRACT	xiv
CHAPTER 1	1
1.1. Background of the Study	1
1.2. Research Problems	3
1.3. Scopes of the Study	3
1.4. Aims of the Study	4
1.5. Previous Studies	4
1.6. Method of Study	5
1.6.1. Method of Data Collection	5
1.6.2. Method of Approach	6
1.7. Organization of the Writing	6
CHAPTER 2	8
2.1. Narratives	8
2.1.1. Intrinsic Aspects	8
2.1.1.1. Theme	8
2.1.1.2. Character	8
2.1.1.3. Plot	9
2.1.1.3.1. Exposition	9

2.1.1.3.2.	Rising Action	9
2.1.1.3.3.	Climax	9
2.1.1.3.4.	Falling Action	9
2.1.1.3.5.	Denouement	10
2.1.1.4.	Setting	10
2.1.2.	Extrinsic Aspects	10
2.1.2.1.	Anxiety	10
2.1.2.1.1.	Neurotic Anxiety	11
2.1.2.1.2.	Moral Anxiety	11
2.1.2.1.3.	Realistic Anxiety	12
2.1.2.2.	Defense Mechanism	12
2.1.2.2.1.	Repression	13
2.1.2.2.2.	Reaction Formation	13
2.1.2.2.3.	Displacement	13
2.1.2.2.4.	Fixation	14
2.1.2.2.5.	Regressions	14
2.1.2.2.6.	Projection	15
2.1.2.2.7.	Introjection	15
2.1.2.2.8.	Sublimation	16
2.2.	Cinematography	16
2.2.1.	Camera Distance	16
2.2.1.1.	Extreme Long Shot	17
2.2.1.2.	Long Shot	17
2.2.1.3.	Medium Long Shot	18
2.2.1.4.	Medium Shot	18
2.2.1.5.	Medium Close-up	19
2.2.1.6.	Close-up	19
2.2.1.7.	Extreme Close-up	20
2.2.2.	Sound	20
2.2.2.1.	Dialogue	20

CHAPTER 3	21
3.1. Intrinsic Aspect	21
3.1.1. Theme	21
3.1.2. Characters	22
3.1.2.1. Otto	22
3.1.2.2. Marisol	24
3.1.2.3. Sonya	25
3.1.3. Plot	27
3.1.3.1. Exposition	27
3.1.3.2. Rising action	28
3.1.3.3. Climax	29
3.1.3.4. Falling action	31
3.1.3.5. Denouement	31
3.1.4. Setting	32
3.1.4.1. Setting of Place	33
3.1.4.2. Setting of Time	34
3.1.4.3. Setting of Social	36
3.2. Extrinsic Aspect	37
3.2.1. Anxiety	37
3.2.1.1. Neurotic Anxiety	37
3.2.1.2. Moral Anxiety	41
3.2.1.3. Realistic anxiety	45
3.2.2. Defense Mechanism	48
3.2.2.1. Repression	49
3.2.2.2. Reaction Formation	49
3.2.2.3. Displacement	49
3.2.2.4. Fixation	50
3.2.2.5. Regression	51
3.2.2.6. Projection	52
3.2.2.7. Introjection	52

3.2.2.8. Sublimation	52
CHAPTER 4	55
REFERENCES	57

TABLE OF PICTURES

<u>Picture 2.1 Extreme Long Shot (Bordwell and Thompson, 2012: 190)</u>	17
<u>Picture 2.2 Long Shot (Bordwell and Thompson, 2012: 190)</u>	17
<u>Picture 2.3 Medium Long Shot (Bordwell and Thompson, 2012: 190)</u>	18
<u>Picture 2.4 Medium Shot (Bordwell and Thompson, 2012: 190)</u>	18
<u>Picture 2.5 Medium Close-up (Bordwell and Thompson, 2012: 190)</u>	19
<u>Picture 2.6 Close-up (Bordwell and Thompson, 2012: 190)</u>	19
<u>Picture 2.7 Extreme Close-up (Bordwell and Thompson, 2012: 190)</u>	20
<u>Picture 3.1 Otto hangs his self in a rope (<i>A Man Called Otto</i>, 00:22:24)</u>	22
<u>Picture 3.2 Otto stands in the middle of rail track (<i>A Man Called Otto</i>, 00:57:18)</u>	22
<u>Picture 3.3 Otto aims to shoot the gun to his face (<i>A Man Called Otto</i>, 01:29:09)</u>	22
<u>Picture 3.4 Otto patrols in his residential block (00:06:20)</u>	23
<u>Picture 3.5 Otto separates types of waste (00:05:34)</u>	23
<u>Picture 3.6 Marisol accompanies Otto in the hospital (<i>A Man Called Otto</i>, 01:47:27)</u>	25
<u>Picture 3.7 Otto reaches into his pocket of pants and jacket (<i>A Man Called Otto</i>, 00:29:59)</u>	26
<u>Picture 3.8 Sonya holds Otto to go (<i>A Man Called Otto</i>, 00:45:24)</u>	26
<u>Picture 3.9 Otto grabs the book (<i>A Man Called Otto</i>, 00:17:31)</u>	27
<u>Picture 3.10 Throwback time when Sonya still alive (<i>A Man Called Otto</i>, 00:17:58)</u>	27
<u>Picture 3.11 The shopkeeper intends to help Otto (<i>A Man Called Otto</i>, 00:02:04)</u>	28
<u>Picture 3.12 Otto sits pensively in the living room (<i>A Man Called Otto</i>, 01:24:20)</u>	30
<u>Picture 3.13 Past moment of Otto and Sonya (<i>A Man Called Otto</i>, 01:24:26)</u>	30
<u>Picture 3.14 Otto intends to shoot the gun to his face (<i>A Man Called Otto</i>, 01:29:09)</u>	30
<u>Picture 3.15 Otto and Marisol put off the clothes from hanger (<i>A Man Called Otto</i>, 01:51:07)</u>	31
<u>Picture 3.16 Sonya's coat is still hanging on the hanger (<i>A Man Called Otto</i>, 00:54:26)</u>	31
<u>Picture 3.17 Marisol finds Otto passes away on his bed (<i>A Man Called Otto</i>, 01:54:59)</u>	32
<u>Picture 3.18 Otto's tombstone (<i>A Man Called Otto</i>, 01:57:56)</u>	32
<u>Picture 3.19 Otto's residential area (<i>A Man Called Otto</i>, 00:06:52)</u>	33
<u>Picture 3.20 Otto's house (<i>A Man Called Otto</i>, 00:05:03)</u>	33
<u>Picture 3.21 Otto sits beside on Sonya's grave (<i>A Man Called Otto</i>, 00:24:36)</u>	34
<u>Picture 3.22 Young Otto meets Sonya at the station (<i>A Man Called Otto</i>, 00:42:59)</u>	34
<u>Picture 3.23 Marisol and Otto at the cafe (<i>A Man Called Otto</i>, 01:08:55)</u>	34

<u>Picture 3.24 Otto and Sonya have dinner at restaurant (A Man Called Otto, 00:43:32)</u>	34
<u>Picture 3.25 Otto and Sonya at Niagara Falls (A Man Called Otto, 01:25:31)</u>	34
<u>Picture 3.26 Otto waits for Sonya at the hospital (A Man Called Otto, 01:30:10)</u>	34
<u>Picture 3.23 Sonya's tombstone (A Man Called Otto, 00:23:41)</u>	35
<u>Picture 3.28 Otto's university graduation (A Man Called Otto, 00:54:41)</u>	35
<u>Picture 3.29 Otto's tombstone (A Man Called Otto, 01:57:50)</u>	36
<u>Picture 3.30 Neighbors defend Anita from Dye & Merica agent (A Man Called Otto, 01:43:52)</u>	36
<u>Picture 3.31 Neighbors gather in front of Anita's house (A Man Called Otto, 01:45:07)</u>	36
<u>Picture 3.32 Otto opens the curtains (A Man Called Otto, 00:16:59)</u>	38
<u>Picture 3.33 Otto closes the curtains (A Man Called Otto, 00:17:06)</u>	38
<u>Picture 3.34 Otto aims to shoot the gun to his face (A Man Called Otto, 01:29:09)</u>	38
<u>Picture 3.35 Roof shard (A Man Called Otto, 01:31:14)</u>	38
<u>Picture 3.36 Otto scolds at the driver (A Man Called Otto, 01:22:38)</u>	40
<u>Picture 3.37 Otto gasps (A Man Called Otto, 01:22:45)</u>	40
<u>Picture 3.38 Otto and Sonya have dinner (A Man Called Otto, 00:43:32)</u>	41
<u>Picture 3.39 Otto feels guilty for his mistakes (A Man Called Otto, 00:44:53)</u>	41
<u>Picture 3.40 Otto feels so tense after confessing his lie (A Man Called Otto, 00:45:06)</u>	42
<u>Picture 3.41 Sonya holds Otto who wants to leave (A Man Called Otto, 00:45:24)</u>	42
<u>Picture 3.42 Otto feels guilty towards Marisol (A Man Called Otto, 01:38:33)</u>	45
<u>Picture 3.43 Otto's worries for Sonya's condition (A Man Called Otto, 01:29:27)</u>	46
<u>Picture 3.44 Otto in the bus toilet (A Man Called Otto, 01:28:41)</u>	46
<u>Picture 3.45 Sonya waits in the passenger seat (A Man Called Otto, 01:28:14)</u>	46
<u>Picture 3.46 Otto wakes up on his bed (A Man Called Otto, 00:26:16)</u>	47
<u>Picture 3.47 Otto's health check-up (A Man Called Otto, 00:26:25)</u>	47
<u>Picture 3.48 Otto hangs his coat on the hanger in the living room (A Man Called Otto, 01:23:27)</u>	50
<u>Picture 3.49 Otto grasps Sonya's coat (A Man Called Otto, 01:23:41)</u>	50
<u>Picture 3.50 Sonya and Otto's romantic moments in the past (A Man Called Otto, 01:24:14)</u>	51
<u>Picture 3.51 Otto's worries for Sonya's condition (A Man Called Otto, 01:29:26)</u>	51
<u>Picture 3.52 Otto burst into tears (A Man Called Otto, 01:29:42)</u>	51
<u>Picture 3.53 neighbors defend Anita from Dye & Merica agent (A Man Called Otto, 01:43:35)</u>	53
<u>Picture 3.54 Dye & Merica agent leaves Anita's house (A Man Called Otto, 01:44:04)</u>	53

ABSTRACT

The issue of psychological health in America, specifically Anxiety, has grown in the past few years. American widow is one of the group that suffer from anxiety whose number is increasing. The depiction of an American widow who experiences anxiety is portrayed in the character Otto in the movie *A Man Called Otto*. Otto's anxiety occurs because of his ego conflicts with his id, superego, and external world. His ego cannot gratify Otto's impulsive desire. The core cause of Otto's suffering anxiety is the death of his wife. Based on the issue, the writer aims to examine the types of Anxiety and Defense Mechanisms felt by Otto using Sigmund Freud's theory. The results of this study indicate that there are three types of neurotic anxiety, three types of moral anxiety, and two types of realistic anxiety that occurred against Otto. For the Defense Mechanism, the writer finds one type of displacement, one type of fixation, one type of regression, and one type of sublimation for Otto to cope with his anxieties.

Keyword: *America, Sigmund Freud, A Man Called Otto, Otto, Death, Suicide, Anxiety, Defense Mechanism.*