CHAPTER 1

INTRODUCTION

1.1. Background of the Study

Mental health has gotten worse in America as evidenced by the widespread increase in anxiety among American adults over the last few years. According to Freud (1933–1964), anxiety is an unpleasant state accompanied by a physical sensation that alerts the individual to potential danger. Even though the unpleasantness may be vague to be identified, the anxiety remains to be felt (Feist and Feist, 2008: 33). Although feeling anxious is normal, however, when these feelings are excessive, persist for an extended period of time and become difficult to manage, it may be a sign of a treatable symptom (Azab et al., 2019: 580). A 2020 survey about the trends in anxiety among American adults from 2008 to 2018 shows the rise of anxiety sufferers from 5.12% to 6.68% based on socio-demographics (Goodwin et al., 2020: 444).

All sociodemographic categories in America's population are seeing a consistent rise in anxiety. In comparison to people with greater levels of formal education, individuals who did not finish high school observed a slower rise in anxiety. Young adults and single adults have the fastest growth in anxiety across all groups. Adults who are divorced, widowed, or separated as well as adults who are 50 years old and older are seeing small growth, in contrast to young adults and single adults (Goodwin et al., 2020: 444). Some data suggest a connection between anxiety and loneliness.

Loneliness towards elderly people derives from the risk of negative health consequences like low quality of life, diminished cognitive abilities, depression, and functional impairment. Elderly people who live alone may experience both depression and anxiety symptoms (Igbokwe et al., 2020: 2).

If the symptom has shown subsequent high anxiety disorders and depression, treatment for subclinical anxiety is very needed to reduce the risk. High anxiety levels in depression, according to Fava et al. (2004: 1300), refer to a common subtype of depression that is associated with more impairment, suicidality, and treatment resistance, both in younger and older adults. As for normal anxiety, people can use the ego to employ different forms of defense mechanisms aimed at decreasing anxiety (Zhang, 2020: 229). Various defense mechanisms are defined by Sigmund Freud. In Freud's study from 1894, the word *defense* first appears to define the ego's struggle with unpleasant or unacceptable thoughts or feelings (Freud, 1936: 42).

The depiction of defense mechanism utilization to reduce anxieties of adults who are widowed over the age of 50 can be seen in the character Otto in the movie *A Man Called Otto*. Otto lives alone in Pittsburgh, Pennsylvania. Otto is stubborn and quickly irritated when disturbed. Through his acts, Otto is considered a hothead man. Such Otto's characteristic is caused by an awful incident that left him frightened. Otto's wife has an accident that leaves her disabled. Then Otto realizes that there is still injustice towards disabled people. After his wife passed away, Otto's life become harder. He attempts to commit suicide several times but he fails.

The death of his wife, the bus accident, and other incidents in the movie *A Man Called Otto* provide an overview of the causes of Otto experiencing anxiety. Hence, the writer intends to discuss each of Otto's types of anxiety and what triggers him. The anxiety that will be described is anxiety that is still considered normal, not excessive. In addition, the writer aims to analyze the defense mechanism used by Otto to get a better understanding of how the character deals with anxiety through his defensive behavior.

1.2. Research Problems

Regarding the background of the study, the writer divides the problems of the study into two main analyses as follows:

1. What are the intrinsic aspects found in *A Man Called Otto* (2022)?

2. What are the types of Otto's anxiety portrayed in *A Man Called Otto* (2022)?

3. What are the types of Otto's defense mechanisms to deal with anxiety in *A Man Called Otto* (2022)?

1.3. Scopes of the Study

The scope of the study is to analyze the psychological aspect portrayed in a movie entitled *A Man Called Otto* (2022). Narrowing the analysis, the writer aims to focus on the types of anxiety felt by the character namely neurotic anxiety, moral anxiety, and realistic anxiety. Other than that, the writer analyzes the defense mechanism of the character as a coping technic to reduce the anxiety of the character. By the eight types of defense mechanism proposed by Sigmund Freud, the writer

merely focuses on displacement, fixation, regression, and sublimation. The writer limits the research by focusing only on the main character of the movie named Otto.

1.4. Aims of the Study

　　The purposes of this study are:

1. To analyze the intrinsic aspects in *A Man Called Otto* (2022)

2. To analyze the types of anxiety felt by Otto in *A Man Called Otto* (2022)

3. To analyze the defense mechanisms used by Otto to deal with his anxiety in *A Man Called Otto* (2022)

1.5. Previous Studies

　　There are several previous studies related to the anxiety and defense mechanisms portrayed in the novel and movie. However, the writer does not find the previous study related to the object of study which is the movie *A Man Called Otto* (2022). So, the writer decides to attach the studies that have the same discussion only.

　　The first study is from the online journal by Rohaeni, Fatma Hetami, Bamabang Purwanto, *Anxiety and Defense Mechanism as A Means of Constructing Psychological Thriller in Hawkins' The Girl on the Train* (State University of Semarang, 2019). This thesis discusses anxiety and defense mechanism. The writers discover three anxieties of five characters in the novel. The characters suffer from the anxiety caused by their conflicts. To reduce anxiety, the writer finds six defense mechanisms. Through the discovery of defense mechanisms and anxiety in the story, the novel is intended to be constructed as a psychological thriller novel.

Another study to help support the research is *Anxiety and Defense Mechanism of the Main Character as Reflected in Joker Movie* by Ghamamatul Adi Saputra (Faculty of Language and Communication, Science Sultan Agung Islamic University, 2022). This second study explains the anxiety and the cause behind which is the unpleasant state. The defense mechanisms implemented by the character are projection, repression, fantasy, and displacement.

The last study also focuses on anxiety and ego defense mechanisms entitled *Psychoanalytical Conflict, Anxiety, and Ego Defense Mechanism of Aza Holmes in John Green's Turtles All the Way Down* by Yunindya Palarania, Hadiyanto (Diponegoro University, 2021). In this study, the writers generate the source of the character's anxiety and it comes from the conflict of the ego weakness that is not capable to control the id and superego. Therefore, it impacts the character's anxiety namely neurotic and moral anxieties. The character shows three types of defense mechanisms that is projection, fixation, and displacement.

The studies mentioned previously are utilized to help the writer for getting a better understanding of the anxiety and defense mechanism theory. None of the previous studies above have the same object of study as used by the writer in this study. Therefore, this research will be the first study. This study will analyze the anxiety of the character and the defense mechanism used by the character to reduce the anxiety.

1.6. Method of Study

1.6.1. Method of Data Collection

The writer supports the analysis of the study by employing the library research method. According to George (2008: 64), library research is the process of using imagination at each stage to consider what sources of data and opinion should exist, estimate how it will be analyzed, evaluate the actual relevance in relation to the research questions, and hunt for backup sources in case the first ones do not pan out. The primary source of this method can consist of a speech, a law, a picture, a stock market chart, etc. The writer utilizes the movie's dialogue when seeking the result of the thesis. The movie needs to be watched a few times to get a better understanding and not miss important data. After that, the writer identifies the data that relate to the theory used. In the end, the writer summarizes the results of the data analysis.

1.6.2. Method of Approach

Depending on the anxiety issue in a character named Otto in *A Man Called Otto,* the writer aims to use the psychological approach in literature to analyze the data. According to Weissman (1962: 759), the psychological approach in literature refers to the type of psychology, such as psychoanalysis, that is used to explain the unconscious motivations behind the actions of literary characters or the unconscious factors behind the appeal of a work of literature. Specifically, the writer uses the anxiety and defense mechanism theory by Sigmund Freud to analyze Otto's anxiety and how he reduces it.

1.7. Organization of the Writing

The writer arranged the thesis into several chapters, each of them will be broken down into sub-chapters. Thus several chapters are as follows:

Chapter 1   INTRODUCTION

In the first chapter of the study, the writer mentions the background of the study, research problem, scope of the study, aims of the study, previous studies, research method, and organization of the writing.

Chapter 2   THEORETICAL FRAMEWORKS

In the second chapter, the writer mentions the used theory at analyzing the object of the study. The writer explains the theory of intrinsic aspects of a movie, anxiety, and defense mechanism by the expert to be interconnected with the object of the study.

Chapter 3   RESULTS AND DISCUSSION

In the third chapter, the writer mentions the research finding and discussion the object of the study according to the theory used. The writer also involves the evidence to show the data validity.

Chapter 4   CONCLUSION

In the fourth chapter, the writer mentions the inference of the whole analysis regarding previous chapters.