

CHAPTER 4

CONCLUSION

Adults in America are increasingly struggling with anxiety in recent years. According to a survey conducted between 2008 and 2018, a greater number of young adults suffer from anxiety than people over the age of 50 in America. For marital status, unmarried adults show rapid increases in anxiety compared to married ones or adults who are divorced, widowed, or separated since the growth is quite slow. The clear portrayal of anxiety occurring in American widow can be seen in a character named Otto in the movie *A Man Called Otto*. Otto is a man aged over 50 years. He is a widower because his wife died. After the death of his wife, Otto often experienced anxiety. Anxiety is an unpleasant feeling that is accompanied by a physical sensation that warns the individual of impending danger.

There are three kinds of anxiety felt by Otto. First, Otto feels neurotic anxiety. There are three forms of neurotic anxiety that occur namely two situations when Otto is afraid that people will know about his suicide attempt and the situation when Otto is afraid of Dye & Merica agent who knows information about him. Second, Otto has moral anxiety. The writer finds three forms of moral anxiety that occur in Otto that is when Otto feels guilty after confessing his lie to Sonya, Otto feels guilty towards Anita since he does not know the condition, and Otto feels guilty when ignoring Marisol. Otto's realistic anxiety is the third anxiety that occurs to Otto. Realistic anxiety of Otto in this movie is portrayed twice, that is when he is afraid of Sonya's

condition after the bus accident befalls them and when Otto is suspected to have Hypertrophic Cardiomyopathy illness.

Since Otto's anxiety is not excessive, he does not utilize a clinical treatment to ease it. Even so, he still needs to reduce his anxiety since it will be unbearable if his ego does not find a way to defend itself. Therefore, Otto behaves according to defensive actions that he believes can cure the anxiety. His behavior to keep the ego from the unbearable feeling of anxiety and avoid facing sexual and aggressive impulses is called a defense mechanism.

There are four types of defense mechanisms employed by Otto. First, Otto employs displacement as a defense mechanism to cope with his neurotic anxiety by snaps at Marisol who is not even making a mistake since someone whom he hates has already gone. The second defense mechanism that is used by Otto is fixation to cope with his neurotic anxiety. Otto is fixated on the time when his wife is still alive, so when he gets anxious he tries to memorize it. The form of regression is the third defense mechanism that is employed by Otto to defend his realistic and moral anxiety. Otto returns to behavior that makes him comfortable such as crying and shouting to avoid a problem. At last, Otto uses sublimation to pay off his guilt towards Anita. He uses social interaction and human relationships to ease his moral anxiety.