



**LILY BLOOM'S DEFENSE MECHANISM IN  
COLLEEN HOOVER'S *IT ENDS WITH US***

**A THESIS**

**In Partial Fulfillment of the Requirements of the Requirements  
for S-1 Degree Majoring in English Department,  
Faculty of Humanities Diponegoro University**

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## **PRONOUNCEMENT**

I earnestly corroborate that the thesis is arranged by myself without retrieving any of conclusions from other researchers in S-1, S-2, S-3 and in diploma degree of any university. I also confirm that I do not take any material from other works except from the references mentioned.

Semarang, August 2021

A handwritten signature in black ink, appearing to read 'Farah Nazila', written in a cursive style.

Farah Nazila

## MOTTO AND DEDICATION

مَا وَدَّعَكَ رَبُّكَ وَمَا قَلَىٰ ﴿٣﴾

Thy Guardian-Lord hath not forsaken thee, nor is He displeased. (QS 19:7)

“Some things are more precious because they don't last long.”

— Oscar Wilde, *The Picture of Dorian Gray*

This thesis is solemnly and extensively represented to

My dearest family,

My best friends,

and everyone who assists me finishing this thesis.

**APPROVAL**

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**HOOVER'S *IT ENDS WITH US***

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I understand that this thesis is inexact. Hence, it would be my pleasure to receive any criticism or suggestion to make this thesis better. I also solemnly hope this thesis can give some meaning for readers who might be interested in learning the defense mechanism that someone shows to overcome their trauma.

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## **ABSTRACT**

Everyone has their fear that sometimes they cannot bear with. To overcome it, they have their own way to get out of it. On this thesis, the writer intends to analyze the defense mechanism of the main character in *It Ends with Us* by Colleen Hoover. To analyze how Lily Bloom gets traumatic experience and how she overcomes it, the writer analyzes the character and conflicts of Lily as the intrinsic elements, while for the extrinsic element, the writer uses Sigmund Freud's defense mechanism. Furthermore, the qualitative and library research are applied for the method of the study. The result of this thesis indicates that Lily gets abuse physically and sexually. To overcome the trauma, she unconsciously uses three ego defense mechanism which are denial, displacement, and isolation.

Keywords: main character, trauma, defense mechanism

# CHAPTER I

## INTRODUCTION

### 1.1 Background of the Study

Human face many different problems in life. It can cause a significant anxiety. In an attempt to reduce negative thoughts they get, normally they seek for act defensive to fight it. According to Freud, the defense mechanism that unconsciously shows within ourselves is normal. It is meant for managing the stress, major negative emotions, and disappointment. It works within the limit in everyday life (Feist, 2006: 34-35).

As Freud states in his theories, in some cases, people are able to feel anxious or threatened toward something in determined situation which they present oppressed causes or behaviors that eventually display in some form of physical quantifiable reacts. It is stressful and overwhelming that makes it hard to handle. When it occurs, defense mechanism which is basically the unconscious, will block the impulses and turn it into a tolerable form (Boeree, 2006: 7).

In *It Ends with Us*, it can be found some of defense mechanism forms by the main character. Lily Bloom is a marvelous young woman in her age of twenty-three. She lives her life normally until she meets a guy that opens up her miserable, and bitter past. She is a lost soul with trauma she buries inside herself deeply.

Colleen Hoover is famous for the thriller-psychological genre. *It Ends with Us* is her seventh book that published in 2016. It tells a story about a young woman, Lily Bloom who is starting her own business in Boston. One day, she meets a guy

that then becomes her partner. Throughout their life together, she witnesses Ryle Kincaid's temper that progressively dangerous to her. He abuses her physically and sexually every time they have a fight. This abuse does not only cause her pain but also opens again her trauma that has been buried inside her since childhood. The trauma involves with her abusive alcoholic father who abuses her mother when they have a fight. Even though her father is dead, she still cannot quit the picture of her father's ruthless behaviour toward her and her mother. Although she loves Ryle dearly, she still needs something to strengthen herself from the trauma. Eventually, after she knows that she is pregnant with Ryle's child, she makes up her mind and releases Ryle for the sake of her baby.

Derived from the interpretation before, the main character tries to get out of her relationship to forget about her trauma. Therefore, the writer intends to analyze what are Lily's traumatic experiences in Colleen Hoover's *It Ends with Us*, along with how she overcomes the trauma. To conduct the analysis, the writer uses Sigmund Freud's defense mechanism.

## **1.2 Research Problems**

- a. How is the character of Lily in the novel?
- b. What are Lily Bloom's traumatic experiences?
- c. What types of defense mechanism that are reflected by Lily to overcome her trauma?

## **1.3 Objectives of the Study**

- a. To describe Lily's character in the novel
- b. To find out what are Lily Bloom's traumatic experiences
- c. To find out the types of defense mechanism that Lily reflects to overcome her trauma

#### **1.4 Previous Study**

The function of writing a previous study is to show several forms of research have been done to analyze defense mechanism. The previous studies are used to find the gap on some study that is not yet to be analyzed for other researchers. Therefore, these are some previous studies that the writer has found:

The first study entitled *Gender-Based Violence Against the Female Character in Colleen Hoover's It Ends with Us* is conducted by Taria Ayu Lestari (2019). It mainly focuses on the impacts of gender-based violence using the feminism and gender theory by Simone de Beauvoir.

The second study entitled *Hierarchy of Needs of Lily Bloom in Colleen Hoover's It Ends with Us* is conducted by Putri Arti Lestari (2019). It focuses on how the main character fulfills her hierarchy of needs using Maslow's hierarchy of needs theory.

The third study is done with the title *The Simplification Domestic Violence in It Ends with Us by Colleen Hoover* by Winda Dwiastuti and Harumi Manik Ayu (2020). In their article, the factors behind domestic violence become the main object of the study. They successfully done it with the concept of attitudes theory by Flood, Pease, Taylor and Webster and Schipper's hegemonic femininity.

The fourth study entitled *Trauma, Gendered Violence and Coping-Mechanism in Colleen Hoover's It Ends with Us* is conducted by Jonna Rundqvist (2020). The study describes main character's way to cope with her trauma by diary novels, dissonant narrator and consonant narrator. The study using Dorrit Cohn's ideas of diary novels.

The fifth study entitled *Anxiety Suffered by Elizabeth Holland in Anna Godbersen's Splendor* is conducted by Fiqih Aisyatul Farokhah (2015). The study discusses the anxiety that the main character has from the bullying and how she reduces it using defense mechanism. The study using psychological theory from Sigmund Freud, Anna Freud, Adler, Melanie Kelin, and Sullivan.

The last study entitled *Victor Frankenstein's Anxiety and Defense Mechanism as Depicted in Mary Shelley's Frankenstein* is conducted by Oktaviani Arnanta Putri (2015). The study focuses on the main character's psychological condition namely defense mechanism and anxiety. Each anxieties happen because of his fear of the creation of himself, to reduce those anxieties. The study using Sigmund Freud's defense mechanism theory.

### **1.5 Scope of the Study**

For the study, the writer will analyze intrinsic and extrinsic elements of the novel. For the intrinsic elements, she has chosen to analyze Lily Bloom's character, conflict, internal conflict and external conflict. For the extrinsic element, the writer will use Sigmund Freud's psychoanalysis theory, specifically defense mechanism.

## **1.6 Organization of the Study**

This study consists of four chapters that will be standardized as:

### **CHAPTER I: INTRODUCTION**

This chapter is organized as background of study, research problems, objective of study, previous study, and scope of study.

### **CHAPTER II: THEORY AND METHOD**

This chapter indicates the theories that the writer used for the study. It comprises the theories of intrinsic elements and extrinsic elements. The intrinsic are character, and conflict. For the extrinsic elements, Freud's defense mechanism.

### **CHAPTER III: ANALYSIS**

This chapter explains about the intrinsic and extrinsic elements in Colleen Hoover's *It Ends with Us*.

### **CHAPTER IV: CONCLUSION**

This chapter encloses the results of the discussion.



## CHAPTER II

### THEORY AND METHOD

#### 2.1 Intrinsic Elements

In definition, intrinsic elements are a form that frames a story. Intrinsic elements generally organized by theme, plot, character, setting, conflict, and point of view. In this study, as for the intrinsic elements of *It Ends with Us* story, the writer fixates on character and conflict.

##### 2.1.1 Character

In fiction, characters are generally transporter of author's perspective, directive and moral value. In *Literary Studies a Practical Guide*, Pugh and Johnson declare that literary works consists of character. Character is defined as a representation of feature or figures that clasp determined roles in literary works (2014: 137). Character does not merely form as human, it can be animal or other creatures that the author desires it to be. Pugh also declares that the reader could discern a character by conducting a deeply analyze on the character's description in the story, the action that the character does, and a communication between characters.

Specifically, there are two types of characters: antagonist and protagonist. Protagonist is the main feature in literary work and appears to be 'the brave' to the story. Meanwhile, antagonist is a character who enhances to be the combatant or challenger of the protagonist (Holman, 1996: 355).

### **2.1.2 Conflict**

Conflict is the one who hold the plot of the story in literature. It generally depicts the certain problems that happen in the story also be able to become more complex before it reaches the climax. In *Theory of Literature*, Wellek and Warren assert that to be called a conflict, a story must have an energy, action and counterbalance that constantly balanced from the characters who are conflicting in the story (1949: 225). This means that a conflict can only occurs when two or other characters are arguing because of disagreement.

Perrine suggests in *Literature: Structure, Sound, and Sense*, that conflict is not merely about physical pressure that happen between characters, but it can also involve mental and emotional tension. In addition, there are two types of conflict: internal conflict and external conflict. For internal conflict, it occurs when a person has a doubt with himself because of controversy between their desires, hopes, faith, and himself. For external conflict, it happens when a man has a disputation with outside power which can be a person, or another form of characters (1998: 42).

#### **2.1.1.1 Internal Conflict**

Based on *The Bedford Introduction Literature*, Meyer suggests that conflict existed in a story, and it can be utterly internal. In some cases, the protagonist of the story can resolve their psychological issue and moral values. Frequently, internal conflicts attend external ones (1990: 46). Internal conflict primarily transpires only among the people itself. It comes specifically in the mind of the character that conduct an action to defend it.

### **2.1.1.2 External Conflict**

Meyer suggests in *The Bedford Introduction Literature*, that the leading character in the story can conduct an external conflict. The external conflict happens because the inconsistent situation between the major character and other characters, nature, society, life and all the other elements (1990: 48). External conflict merely occurs between the heroin and the villain of the story as well as their surroundings, people, situation, animal etc.

### **2.1.1 Extrinsic Elements**

To build a story, it requires some extrinsic elements that later will become the essential part of the story. In Colleen Hoover's *It Ends with Us*, the writer uses defense mechanism from Freud's psychoanalytic theory. The theory is divided into denial, displacement, and isolation which will be explained below:

### **2.1.2.1 Defense Mechanism**

In *Theories of Personality*, Schultz suggests that defense mechanism is used by the ego for developing the strategy that eventually will preserve itself from anxiety that provoked by conflicts. Freud explains that the prototype of all anxiety is the birth trauma (2009: 59). Although the specifications of defense mechanism are quite large, they have two main characters; first is stated as denial or disapproval of reality and second is they work together without us knowing (Schultz, 2009: 61). This means that the defense mechanism works within ourselves unconsciously, we are not aware of their moves. Therefore, on the conscious level we see unreal

pictures of the world and ourselves. Freud's defense mechanism is denial, regression, displacement, sublimation, rationalization, projection, reaction formation, and repression.

Anna Freud in her book *The Ego of the Mechanism of Defense*, suggests ten defense mechanisms identified previously by her father, Sigmund Freud, which are denial, regression, displacement, sublimation, rationalization, projection, reaction formation, repression, undoing and projection interjection. (1993: 48), She recognized the adaptive and the pathologic character of defenses that she stated all defense mechanisms distribute together domestic drive condition and external reworking.

Anxiety is the threat of the ego. it needs to be decreased. Defense mechanism is a strategy to help decreasing the anxiety (Schultz, 2009: 52). Hence, defense mechanism is needed to help the individual change their negative thoughts to escape the reality. Having to face bitter experience can lead someone to create their own boundaries. They need comfort to reduce the negative thoughts and find solution to overcome the anxiety through defense mechanism. As explained above, we can see that defense mechanism works unconsciously, it keeps people to be aware of action they are making. When defense mechanism cannot work, then it can cause mental disorder.

#### **2.1.2.2 Denial**

In *Ego Mechanism of Defence: A Guide Clinicians and Researcher*, Vaillant states that denial is a situation whose individuals compromise with conflicts that

involved emotional, external and internal aggravation by ignoring to acknowledge some attitude of external reality or their experiences that would bring the memory back to their conflicts (1992: 89).

In *The Theory of Personality*, Schultz suggests that denial is the act of declining to concede the existence of an external threat or traumatic occasion that has happened. It is the act that one has conduct to avoid uneasy feeling and traumatic feeling (2009: 72).

### **2.1.2.3 Displacement**

Displacement occurs when an individual restrains fear, affection, or impulses into another person or object. The psyche drives the individual to prevent the action then leads to acceptance. Therefore, they express their feeling to another person or animal or any object that is acceptable. According to Schultz, when an object to satisfy the id is not available, the individual may take something to replace it. That is what displacement called, the replacement (2009: 77).

Pressley and McCormick in *Child and Adolescent Development for Educators* states that displacement is channeling the anxiety and anger to the object or person that is less threatening. The uncomfortable impulses are ascribed to other object (2007: 67).

### **2.1.2.4 Isolation**

Isolation is an act of dismissing feelings or thoughts that are uncomfortable. The act also creating idea of avoiding people, places or situations that has

connection with the uncomfortable feelings or thoughts. In *The Ego of the Mechanism of Defense*, Anna Freud suggests that isolation comprises the detachment of aspects of thought and behavior that provoking the anxiety. For instance, following the death of her boyfriend set aside, a woman set aside her grief to get a big support from her relatives (1993: 111).

Feist and Feist in their book *Theories of Personality*, conceive that basic antipathy creates the feeling of isolation. This feeling of being alone in an adverse world leads to aggravation needs of deep affection, which, cause individuals to misinterpret love. Essentially, isolation is a state of separation from social contact. (2008: 99-101). People who experience isolation tend to involve in anxiety issue.

## **2.2 Research Method**

For this study, the writer uses qualitative method. This method is useful for analyzing the intrinsic and extrinsic elements in Colleen Hoover's *It Ends with Us*. Qualitative method is a method that focuses on gaining an understanding in analyzing data and collect them rather than only generalize them (Alwasiah, 2006: 40).

The second method that the writer uses is library research. In *Theory of Literature*, Wellek and Warren suggests that library research is important for student in literature that has familiarity with their catalogue and other reference book (1977: 58). Through library research, the data, information, and theories are easily gained to analyze and solve the study. Meanwhile for the intrinsic elements,

the writer analyzes the characters, and the conflicts of the story and for the extrinsic elements, to analyze the main character's defense mechanism, the writer uses Freudian and Anna Freud's ego defense mechanism theory.

## **CHAPTER III**

### **RESULT AND DISCUSSION**

This chapter encloses the explanation to the research problems. This chapter is divided into parts. They are analysis of intrinsic elements and analysis of extrinsic elements in Colleen Hoover's *It Ends with Us*.

#### **3.1 Intrinsic Elements**

In this sub-chapter, the writer analyzes two intrinsic elements which are characters and conflicts.

##### **3.1.1 Characters**

There are two main characters and three supporting characters that the writer analyzes in Colleen Hoover's *It Ends with Us*.

##### **3.1.1 Lily Bloom**

Lily Blossom Bloom, a 23 year-old woman, is the only child in Bloom family. She lives with her mother, Jenny Bloom because her father is dead. She comes from a middle-class family that once lived in Maine. She now lives alone in Boston, working at a marketing company. However, she wants to open her own florist shop.

Lily has a dynamic behaviour that is influenced by her past and has been developed through her childhood to adolescent. In her childhood, Lily is spoiled with abuse from her father and the bad events she witnesses.

My father was abusive. Not to me—to my mother. He would get so angry when they fought that sometimes he would hit her... When I was a kid, I found myself looking forward to the night they would fight, because I know they would be okay after two weeks (Hoover, 2016: 17).



The quotation above shows how Lily knows their parents' marriage goes. The abusive is inevitable in their marriage. It shows her understanding conscience toward her parents' nature.

She is a caring person. It is precisely shown when she meets Atlas Corrigan, a homeless boy who resides in an empty house near her house back in Maine. She feels sympathy for Atlas because he lives alone, starving and no water for him to take a bath. "I went inside my house and made a couple of sandwiches. I grabbed two sodas out of the fridge and a bag of chips. I put them in a lunch bag and I ran it over the abandoned house" (Hoover, 2016: 33). She is aware of the consequence to what does to a stranger, her parents will punish her. However, she takes the risk to take care of Atlas.

Besides being a caring person, Lily is also naïve. It can be proven from how she takes a major decision easily without thinking twice. She suggests that love is the only thing that matters to people's life, the opportunity to love is rare. Therefore, she accepts Ryle's proposal because she believes in love although she only dates Ryle for two weeks.

'Lily, I would marry the hell out of you.'

His words make me smile the most embarrassing, widest smile, so I pull a pillow over my face. 'Why, thank you, Ryle,' I say, my words muffled by the pillow. 'Yes.' I say it finally' (Hoover, 2016: 224).

The quotation above also proves that Lily is selfless. Before Ryle propose to her, she sees what he is capable of whenever they have an argument. To her, he creates an immense picture of what her father does to her mother back in her childhood. Even when the pain that Ryle cause still tingling on her, Lily does not want to

believe that it is Ryle who does it. Therefore, she blames it on predestination that we generally called accident.

### **3.1.1.2 Lily's mother**

Jenny Bloom or Lily's mother is a teacher assistant in Platora. She is married to Andrew Bloom, the Mayor of Maine. Throughout the story, she is full of compassion towards Lily. She supports her immensely that all she wants to know is her daughter's condition. "Lily. I just want you to know that you shouldn't be embarrassed about what happened yesterday. I am here for you" (Hoover, 2016: 28). She knows Lily is worried about the speech she gives in her father's funeral; she then tells Lily that there is nothing to worry about because Lily is not alone.

She is aware that staying with her abusive husband is not good for both her mental and daughter, still she cares for him. Day by day she spends arguing with her husband and gets wound afterwards. One day, she just gets home with her husband from an event they attend together, they again have a fight because she shows lack of compassion towards her husband throughout the event. Lily sees it and tries to remind her of her self-respect "She ducked her head again and said "It's not like that, Lily. We're married, and sometime marriage is just...you're too young to understand it" (Hoover, 2016: 156). From the quotation, it is clear that Lily's mother is a magnanimous person.

### **3.1.1.3 Atlas Corrigan**

Atlas Corrigan is a boy who happens to be Lily's first love. He is mentioned abundantly in Lily's diary. In his teenage life, he used to be homeless and abandoned by his parents. This leads him to live alone at an empty house near Lily's. "I have no idea why he was sleeping in that house. There's probably no electricity or running water" (Hoover, 2016: 32).

Caring is what Atlas Corrigan has. Even though he is homeless and always in a bad condition, he does not hesitate to help Lily from her stress, pain and tears. He helps her to calm whenever her parents are having an argument and one of them is aggressively abusing one. He tries his best to help Lily.

I looked at him and said 'Atlas, you cannot do that! You can't come to my house when my parents are home!' Atlas got really quiet and then said 'I heard you scream, Lily' (Hoover, 2016: 112).

It is clear from the quotation that Atlas is aware of Lily's dark life. He is aware that Lily is not always happy, her parents are always arguing, and her father is abusive. Those are why he comes to Lily whenever he hears something from her house, this is also to make sure she is not in danger. This also occurs when Lily is having a problem with her husband. Atlas helps her to get out of the situation and provides her a shelter. 'He eventually turns away from the door and wraps his arms around me. He helps me to the elevator and then through the lobby (Hoover, 2016: 270).

#### **3.1.1.4 Ryle Kincaid**

Ryle Kincaid is a twenty-nine-year-old man who works as a neurosurgeon. He is neat, successful, and gorgeous. "This guy is beautiful. Well-manicured, smells like

money, looks to be several years older than me” (Hoover, 2016: 11). He loves his job so much that he puts it in his top priority in life.

He is a haughty man. The way he describes himself to Lily says it all. ‘I’m not an asshole! He yells from my bedroom. ‘I’m a highly trained neurosurgeon! (Hoover, 2016: 183). Haughty is suited for Ryle’s character. He always shows himself as someone that should be honored because of his career. He does not even think when it comes to his temper. He hurt the person he loves—Lily—because of an accident Lily caused to his hands. “I wrap my arms over my head and try to wish away the last ten seconds “Goddammit, Lily,’ I hear him say, “It’s not funny. This hand is my fucking career” (Hoover, 2016: 185-186). Ryle believes that those who is in his way, who is ruin his career cannot be fully acceptable. It shows that his career becomes his pride that he would always be honored and want everybody to feel the same about it.

His anger also comes out from his nature of impulsive and aggressive behaviour. He always shows violent behavior toward anything that comes on his nerve or give him some threats. That is why he overreacts to situations with enraged outpouring. His aggressiveness even makes Lily feel threatened.

He pushed me away.  
He pushed me. Again.  
That’s twice.  
You pushed me, Ryle’ (Hoover, 2016: 231).

From the quotation above, it clearly shows Ryle’s aggressive behaviour and because of that, he does a violent act to Lily. Lily is again the victim of his aggressiveness. Even though after he apologizes to Lily, it is just an impulsive behaviour for him to do a violent act again.

### **3.1.1.5 Lily's father**

Lily's father or Andrew Bloom is a Mayor of Plethora, Maine. He has a reputation to uphold because he is adored by the people of Plethora, Maine. "Adored mayor of my hometown of agency within city limits. Husband of the highly adored Jenny Bloom" (Hoover, 2016: 4). He likes to socialize because that is one thing he wants to maintain for his reputation.

He is the abusive alcoholic one. He hits Lily's mother for many times especially when he drunk. "...he went to the bar after work. Which means he's probably going to instigate a fight with my mother" (Hoover, 2016: 64). This happens occasionally when he feels hardly conscious, and something gets in his way. This behaviour leads to aggressiveness. It happens because alcohol weakens the impulsive behaviour that the brain mechanism creates.

Andrew shows the violence whenever Lily's mother gets on his nerves. As when he notices men cat-calling his wife because his wife is beautiful, but he accused his wife who is flirting with them in the first place. Feeling jealousy, he rapes her. "She kept begging him to get off her and then he hit her right across the face and told her to shut up" (Hoover: 2016: 154). The quotation above shows the aggressiveness his father has to show his anger. The anger comes from his over-jealousy toward people that his wife met when they are attending an event. He considers it normal to have a love like they do, because he knows for sure that Lily's mother will always forgive him eventually.

### **3.1.2 Conflict**

The conflict in Colleen Hoover's *It Ends with Us* includes the internal conflict that involves between Lily and herself. External conflict includes with other characters such as her parents and Ryle Kincaid.

#### **3.1.2.1 Lily vs Herself**

The first conflict between Lily and herself happens when she contemplates whether to be friends with Atlas Corrigan or not. It begins when she is secretly helping Atlas. "My heart was beating so fast, because I knew how much trouble I could get if my parents come home and found a homeless guy in our shower" (Hoover, 2016: 36). She wants to help Atlas as much as she can, because she feels deep sympathy for a boy who lives alone in an abandoned house that has no electricity and water. She then decides to give him clothes, food, blanket, and asks him to have a shower in her house. Her parents have been strict about having strangers get in the house, including her friends. Although doubting her desire to help him, she keeps thinking that what she does is the right thing to do.

The second conflict of Lily happens when she contemplates whether to sleep with Ryle Kincaid or not. They only just met, and Ryle said before that he does not want a relationship, while Lily wants it. However, when Ryle comes to her again and ask for her to sleep with him, she feels utterly unsure. "I don't know. I barely know the guy. I know him enough to know that sex with him won't be enough for me, though. But how do I know sex won't be the only thing he wants?" (Hoover, 2016: 94). The thing that makes her feel unsure is the sexual intercourse

that Ryle wants to do to her. It is true that she has feeling for Ryle but the way he does it is not compatible with her. However, if she rejects him, he may leave and she will detests herself.

### **3.1.2.2 Lily vs Her Parents**

There is a dynamic situation that happens between Lily's parents' marriage. Their perspective on love is different because of the normalization of abusive behavior within. The abusive behavior comes from her father.

Lily is only fifteen at the time. She is aware that her father is an abusive alcoholic because he occasionally comes home late and drunk. When he is drunk, he starts to argue with her mother over something and the physical abuse starts from there. One of it happens when he hits her mother when he finds out that her car is in the garage. He does not like it when the garage is used by a car of someone else's other than him. Lily tries to help her, but her mother refuses. That what makes her feel uneasy about her mother. She forgives wounds that cut deeply in her skin. "I swear, sometimes I get so mad at her for staying with him. I know I'm only fifteen and probably don't understand all the reasons she chooses to stay" (Hoover, 2016: 64). She despises the fact that her mother is loyal to someone who is always hurting her, controlling her, and put her into a dark place.

Her parents' second fight happens because of their argument that Lily cannot understand. The argument heats and her father pushes her mother down and when he tries to hit her, she holds his hand to calm him down. This is when Lily sees it, she ponders whether she help her or go back to her bedroom just like what

her mother usually says after she is done with the argument. She then decides to walk to the living room just for her father to see she is around. “I’m pretty sure he was about to kick her, but he saw me walk into the living room and he stopped” (Hoover, 2016: 64). it is clear that Lily has stops her father from abusing her mother. It makes her even angry for only helping a little. However, since it stops, it is enough for her stop her parents’ conflict.

### **3.1.2.3 Lily vs Ryle Kincaid**

Lily meets Ryle for the first time in an apartment rooftop. They confide in each other, and it makes Ryle wants to know more about her. He is searching for her everywhere as if she is his air to breath in. It is clearly shows that he is obsessed with Lily.

The first conflict occurs when they are in their first date. Lily cooks him a *casserole* and unintentionally burns it. Ryle comes to the rescue but forgets to put kitchen glove, he burns his hands. Lily laughs and he is angry. He pushes her that then cause a wound in her head. The accident suddenly reminds her of her father. “He leans forward and presses his lips against mine. “It won’t happen again, Lily. I swear. I’m not like him. I know that’s what you’re thinking, but I swear to you . . .” (Hoover, 2016: 191). He tries to convince Lily that what he does just an accident. Lily feels afraid because she sees her father for the first time in Ryle’s temper, but after Ryle convinces her that it is only an accident, she tries to believe it eventually. When they decide to be married, the conflict is heated, and it becomes the fear that is arrived in Lily’s adulthood. Ryle’s temper sooner becomes wild because he finds



out that Atlas's number is saved by Lily. He is aware of Atlas and Lily's past relationship, that is why he is afraid of losing Lily. Lily is not accepting his behaviour, she then asks him to stay out of her flat. "Now get the fuck out of my apartment" (Hoover, 2016: 233).

One day, Ryle reads Lily's journal that contains her teenage life including her first love with Atlas. Ryle is drunk and angry with her because she keeps Atlas all over her when she is still with him as a wife. Feeling jealous, he tries to rape her. Lily is back again with the picture of her father when he raped her mother. The energy is too similar for her, and it ruins her. "All I can see when I squeeze my eyes shut is my mother crying on our old living room couch; my father forcing himself on top of her" (Hoover, 2016: 265-266). Lily's decision on marrying Ryle is a complete mistake. She only gets to hear her crying heart and wounds that her husband causes, she never feels genuine happy. She realizes the more she spends time with Ryle, the more he reminds her of her father, and she becomes her mother again.

### **3.2.1 Extrinsic Elements**

Lily is just a woman with traumatic experience that somehow brings her back to the feeling of being vulnerable. She struggles with it since childhood and again in her adolescent. However, in her adolescence, she creates her way unconsciously to overcome her stress in dealing with the trauma. It is called defense mechanism. She uses it for protecting her from the anxiety she gets from the

thoughts she fears. In this case, the writer analyzes three defense mechanisms that Lily shows in the story.

### **3.2.1.1 Denial**

In facing problems, it is inevitable for people to evade from it. It establishes unpalatable feelings to deal with. Denial or refusal appears as a respond by rejecting the reality that exists to one in order to reducing their anxiety towards it.

As a matter of fact, the date night is not what she imagines it to be. She forgets to take the *casserole* from the oven when Ryle comes. Because of the panic, he takes it with his bare hands that eventually cause them burn. Lily thinks that funny because she never sees Ryle panics before, he does not like it and pushes her hard. The moment it happens, Lily gets a glimpse of her parents' fight. It opens up her deepest fear. Later, she convinces herself that it is nothing. "...but deep down I want to believe that it really was an accident. Ryle isn't like my father. He's nothing like him" (Hoover, 2016: 188-189). The quotation shows how Lily wishes she can believe it is only an accident that normally happens when people are drunk. She thinks that because she believes Ryle is nothing like her father, because her father is worse and cruel. Then, she thinks of something that would never bring her thoughts on this accident ever again. "Ryle loves me. He's never come out and said it before, but I know he does. And I love him" (Hoover, 2016: 192). Even though Ryle never speaks about his feeling toward her, she still shows her act of love to him. His words somehow captivate her and turns her into someone who hopes. Knowing her parents' fight glimpse that opens up again her traumatic experience,

she knows clearly that the glimpse comes from the new love that belongs to her. As the quotation shows, the accident is triggered by anger and power. Ryle does not accept the fact that the hands he has been proud of, are burn. However, because he causes Lily's head and eye injured, he says sorry and tells her that he does not care about them anymore, which makes Lily flatters. 'Fuck the hand, Lily. I don't care about my hand. Are you okay?' (Hoover, 2016: 187). This gains her love for him again and unfortunately causes her mind to close up all of his mistakes and carries on her relationship with him.

Nevertheless, Ryle's temper is getting wilder even after Lily forgives him over and over. During their discussion about the job replacement—Ryle is offered a job in Minnesota—and his selfishness drives him to force Lily to come with him and leave her job in Boston. She refuses and it causes him angry by throwing vases at the wall of the apartment. The stress gets into Lily once again when Ryle finds out about Atlas' gift for Lily. As for a good wife, she tends to be patient to what her husband might react to some situation. Unfortunately, it does not end up good.

His fingers are still moving inside of me, his eyes still look like they want me. But his hand. The hand that's wrapped in my hair begins to tug harder and I wince...“ I have no idea what's going through his head right now and I pray I'm overreacting (Hoover, 2016: 261).

The jealousy Ryle feels is uncontrollable. He feels the love Lily has for him is never enough and even getting less than before. That is why he puts his mark on Lily to show that Lily is belong to him only, and to remind her that no one can ever love Lily like he does. By giving her sexual intercourse, he feels it is necessary to show her attention and love. However, for Lily, it is wrong to think that she needs

attention when she only wants Ryle to hear her explanation and understands. Even when she is being raped by him, she denies the picture of Ryle and her father, the one that he rapes her mother on the couch, by telling herself that she is being overreacting to the thoughts of it. It also appears in her for overcoming her anxiety toward the fact that her husband is still torturing her even when they are having sexual intercourse.

### **3.2.1.2 Displacement**

Displacement appears unconsciously when a person has a negative emotion and it triggers him to redirect it to something or someone in order to reduce his anxiety from the participant who causes him bad. Every time Lily feels uneasy because of the weight of pressure, she releases her emotion toward something that might calm her uneasiness.

A few days after the assault from Ryle, Lily's fear becomes more inevitable. She lives below the same roof with him. She thinks it will be a lot easier for her to carry the weight if she keeps her distance from him. That is why she comes to Atlas' house to calm herself down. Even after she feels a little easy with herself, the memory sinks in. "I can feel the tears begin to sting my eyes and the last thing I want is to stand in front of him and cry right now" (Hoover, 2016: 306). She cannot hold the tears anymore, that she needs Atlas to comfort her. Generally, we as human need saving whenever we feel something that weighing our mind. This happens to Lily as well. Since Atlas goes far away leaving her by herself for years before Boston, she does not have someone to confide in and make her feel safe. Even to

her parents, she never opens up to them. If Atlas does not go in the first place, she will not be dating Ryle and feel all the stress. “He’s right behind me now, his hand still wrapped around mine...’Why did you not come back for me?’ I ask” (Hoover, 2016: 306). She blames Atlas for not being with her in her vulnerable times because it is the only way to make the weigh a lot lighter. In this case, she unconsciously shows displacement as her defense mechanism. Displacement appears to avoid the ego on ruining something that could have worse, displacing the anger to something that would repress the sense of negative emotions.

Afterward, she feels utterly guilty for not sharing her true story with Ryle to her mother. All this time, she hides the truth from her mother because she does not want to add more weigh to her mother’s thoughts and also to herself. They both have same page. She does not want to open her trauma again. However, because Lily is feeling a lot easier with herself, she then starts to tell the true story to her mother. “But sitting here with my mother, I crave weakness. I just want to be able to give up for a little while. I want her to take over and hug me and tell me it’ll all be okay” (Hoover, 2016: 333-334). We could see that the defense mechanism appears in a form of the hugging and needing saving. For people who is confiding in their trauma, it is not easy. It takes every courage in the self to tell every part of it. It is what Lily does to her mother who also experienced the violence in marriage. She tells how she is being stressed, hurt and disappointed whenever she thinks about Ryle. Deep in her heart, she loves him. However, it is not easy because she feels rather disappointed than happiness with him. “Most of me feels like I’ll never be able to trust him again. But a huge part of me grieves what I had with him” (Hoover,

2016: 334). This is the honest confession of Lily to her mother. The agony she is in now a little sinks in.

The form of displacement is the comfort she feels after she hugged her mother. The confession is what she needs when no one is understand the way she feels now. She shares her story as a part of her guilty for not telling it sooner and for staying in a wrong relationship. Although she blames herself, displacement controls her way for overcoming her deep stress in a good way.

### **3.2.1.2 Isolation**

When a person feels the fullness in their mind and it exhausts them, they would unconsciously think the best way to avoid the problem is to leave it all behind. It could be temporary as if to buy them time to think and could be forever. That is what isolation is defined. In this case, Lily is in need to process her thoughts by separating from the people who sends her in unpleasant situation.

After the sexual intercourse Ryle does to her, there is a part of her that wants to avoid her husband as far as possible. She needs a space for her to be alone and gather her strength to cope with the situation. Then she decides to go to Atlas Corrigan's house and stays there until she feels brave enough to confront her husband. This also to minimize the impact of threatening condition and situation for her. Ryle makes her repressed where he reminds her of her father and the depiction of her parents' relationship when she is younger. Therefore, she uses isolation as her defense mechanism as a gap of her barrier between situation and condition that makes her threatened.

“But there’s literally nowhere I can go right now. I need a couple of days to process things and if I go to a hotel, Ryle could track the credit card charge and find me...“Maybe that’s why I’m here. I feel safer here than anywhere else I could possibly go. And Atlas has an alarm system, so there’s that” (Hoover, 2016: 286).

From the quotation above, we know that the reason she going to Atlas’ house is because she feels safe. She is aware that Ryle does not know Atlas’ house or his relatives. Therefore, there will be nothing to worry about for some time. Even she is still shock with the terrible thing her husband does to her, she still wants to prove herself she is capable of surviving by going to Atlas’ house and gain her comfort.

Lily feels threatened again when she goes to her apartment after she stays for three nights in Atlas’ house. She meets Ryle, but he is only telling her that he is going to England for three months. Still, she feels angry with him because he does not apologize for what he does. Knowing this, she avoids his sister that happens to be her best friend as well, Alyssa. Even when Alyssa is in need of her the most, she keeps avoiding her to separate her from confrontation regarding her violence wounds and Ryle. This is when she uses again her defense mechanism that formed as isolation to protect her ego from meeting the people who has a connection with the person who brings her traumatic experience over and over again. My thumb types and erases and types some more as I try to come up with a good excuse as to why I’m not there” (Hoover, 2016: 293-294). She hid from the reality by telling some excuses to Alyssa. She feels guilty, that is why she feels her heart sinks when she reads her texts. The defense mechanism is unconsciously appearing within her as she is being dismissive to protect herself from people who have connection to Ryle.

## CHAPTER IV

### CONCLUSION

*It Ends with Us* is one of literary works of Colleen Hoover. It tells a story about young woman, Lily Bloom, who suffers from traumatic occurrence. It comes from her father that involved physical violence. Then, it becomes worse by how Ryle Kincaid treats her when they become lovers to partners. When it becomes worse, she tries to avoid it as hard as she can.

By exploiting psychoanalytic theory that takes focus on defense mechanism, the writer found that it unconsciously comes out to overcome her trauma. They are denial, displacement, and isolation. The denial appears as to close all the facts that she sees in her own eyes and thinking to herself that the trauma she carries is not getting near by the presence of Ryle Kincaid. When another violence happens again to her, displacement as the second defense mechanism appears as a form of people to confide in. The needing of comfort is needed in her to reduce her anxiety. In order to make her feel safe and comfortable, displacement itself is not quite enough. She unconsciously forms another defense mechanism called isolation to protect her ego from seeing people that have connection with the person that cause her troubles. During this process, she finds herself space that can placates her mind, body and soul without being destructive to either herself or other people she loves.



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