

CHAPTER III

DISCUSSION

3.1. Intrinsic Elements

Intrinsic elements are the main structure of literary works. They have many functions in building literary works and helping the readers understand their contents. This study analyzes the intrinsic elements, including characters, characterization, conflicts, and settings.

3.1.1 Character and Characterization

The most important part of fiction is the character since characters function in fiction to develop the story and the plot. In the novel *Crazy Rich Asians*, several characters support the storyline, but the writer focuses on analyzing the characters and characterizations of Rachel Chu, Nicholas Young, and Eleanor Young.

3.1.1.1 Rachel Chu Direct Characterization

Rachel Chu is directly characterized as a down-to-earth, pretty, and intelligent Chinese-American woman, whose grounded personality and charm set her apart in the glitzy, high-society world of Singapore's elite.

3.1.1.1.1 Rachel Chu is a Down to Earth Person

Rachel Chu's character in Kevin Kwan's *Crazy Rich Asians* novel is directly described as a humble figure. This is seen by other character's point of view about her, by the quote, "Rachel is very capable, and completely down-to-earth. I think you'll like her very much" (Kwan, 2013: 56). Through this description, the reader immediately understands that even though Rachel has extraordinary intelligence and abilities, she remains humble and not arrogant. This description emphasizes

that humility is one of the main qualities that defines Rachel as the main character in the story.

3.1.1.1.2 Rachel Chu is a Pretty Person

Rachel Chu in this story is described as a beautiful yet modest figure, even in her appearance. This is emphasized through other character's points of view about Rachel, which can be seen in the quote, "She was very pretty, yes. But so simple—she was literally wearing pajamas when I met her" (Kwan, 2013: 112). This quote shows that Rachel's beauty does not come from an excessive appearance or a deliberate attempt to look stunning, but from her natural charm. Rachel's simplicity, even when wearing casual clothes like pajamas, is a characteristic that reflects her beauty.

3.1.1.1.3 Rachel Chu is a Chinese-American Person

In *Crazy Rich Asians*, Rachel Chu's character is directly depicted as a Chinese-American person. It can be seen through the quote by the author in the narrative, "She is an American Chinese. She was born in Mainland China and went to America when she was six months old." (Kwan, 2013: 81). This quote emphasizes that Rachel Chu is a Chinese-American who was born in mainland China and moved to America at the age of six months, which creates a duality in her identity. As a Chinese person raised in America, Rachel faces challenges in balancing her Chinese heritage with modern life in America, which often leaves her feeling alienated between two worlds.

3.1.1.2 Rachel Chu Indirect Characterization

In this *Crazy Rich Asians* Novel, Rachel Chu's bravery, sincerity, and intellect are revealed through her actions and interactions with others.

3.1.1.2.1 Rachel Chu is a Brave person

Rachel Chu is a brave person can be seen by her actions when faces an unfamiliar, stressful, and often hostile world with dignity and determination. Despite being aware of being seen as an outsider, Rachel never tries to change herself to be accepted, even when facing direct intimidation from Eleanor Young, Nick's mother, who considers Rachel "not good enough" for her son. Rachel's courage is further shown when, despite loving Nick, Rachel rejects the proposal and chooses to cut ties with Nick's family by stating firmly, "I'm sorry, but I've had enough. I've had enough of being around all these crazy rich Asians, all these people whose lives revolve around making money, spending money, flaunting money, comparing money, hiding money, controlling others with money, and ruining their lives over money." (Kwan, 2013: 386). Rachel Chu's courage not only reflects her personal strength but also symbolizes resistance to a value system that measures a person by wealth and social status. By refusing to bow to the pressures of Nick's family and their world, Rachel demonstrates that true love and happiness cannot be built on the sacrifice of personal integrity.

3.1.1.2.2 Rachel Chu is a Sincere Person

In this novel, Rachel Chu's character often shows sincerity through her words and actions. One example of Rachel's sincerity can be found in the following quote, "Thank you. In fact, I really need to thank all of you, from the bottom of my

heart, for letting me camp out here for so long” (Kwan, 2013: 381). This quote shows Rachel’s sincerity towards Peik Lin who has helped her through a difficult time while in Singapore. The phrase ‘from the bottom of my heart’ shows that her gratitude is not just a formality, but an honest and deep appreciation of the people who helped her.

3.1.1.2.3 Rachel Chu is an Intellectual Person

In *Crazy Rich Asians*, Rachel Chu’s intellect is portrayed indirectly through other characters' responses to her. This reinforces the impression that Rachel is intelligent and has academic excellence. This can be seen when Astrid tells Elenor Young the educational background of Rachel Chu’s character, through the quote “So she is the brainy type.” “I heard she is one of the up-and-coming professors in economic development... She went to Stanford in California.” (Kwan, 2013: 55). This quote shows that Rachel is known as a smart and accomplished woman. The phrase “the brainy type” indicates recognition of her intelligence, while the fact that she is “one of the up-and-coming professors in economic development” emphasizes her dedication and expertise in academia. In addition, it is mentioned that Rachel studied at Stanford, one of the world’s leading universities, which emphasizes her outstanding educational background.

3.1.1.3 Nicholas Young Direct Characterization

Nicholas Young is directly characterized as an incredibly handsome man, with his striking good looks and effortless charm often drawing admiration.

3.1.1.3.1 Nicholas Young is a Handsome person

In the novel *Crazy Rich Asians*, the character Nick Young is portrayed as a physically handsome man. One of the quotes that reflects this attractiveness is the direct statement by the author, as seen through the quote “Nick is so inordinately good-looking, most of these girls have had mad crushes on him since childhood.” (Kwan, 2013: 212).

This quote shows that Nick Young is a handsome and attractive figure. The phrase “inordinately good-looking” emphasizes that Nick’s physical attractiveness is above average, making him stand out from other men. The fact that “most of these girls have had mad crushes on him since childhood” shows the influence of his outstanding looks, even from a young age. This description not only portrays Nick as a handsome man but also provides context for how his attractiveness affects his social relationships, including the attention he receives from the women around him. This reinforces the impression that Nick Young is a physically handsome character in the story.

3.1.1.4 Nicholas Young Indirect Characterization

Nicholas Young's loyalty is indirectly characterized through his actions and choices, particularly in his unwavering support for Rachel Chu. Despite the immense pressure from his family and their disapproval of his relationship, Nick remains steadfast in defending Rachel and prioritizing their love over societal expectations.

3.1.1.4.1 Nicholas Young is a Loyal Person

In *Crazy Rich Asians*, Nick Young's loyalty to Rachel Chu is one of the main characteristics of his character. This is evident in his commitment to choosing love over the pressures of family tradition or wealth. This can be seen from Nick's action to Rachel, as Nick states "I don't care about all of that money, traditions, or what my family will think, I just want to be with you" (Kwan, 2013: 385). This quote shows that Nick Young is loyal and committed to Rachel. He firmly states that his love and happiness with Rachel are more important than wealth, family traditions, or the opinions of others. The phrase "I just want to be with you" reflects his complete focus and dedication to Rachel, even though he has to face various obstacles from his family who are very traditional and look down on Rachel.

3.1.1.5 Eleanor Young Direct Characterization

Eleanor Young is directly characterized as an exceptionally wealthy woman, epitomizing the grandeur and privilege of old-money Asian aristocracy. Eleanor's every move and decision reflects the confidence and authority of someone accustomed to unimaginable wealth and social prestige.

3.1.1.5.1 Eleanor Young is a Rich Person

Eleanor Young in *Crazy Rich Asians* is explicitly portrayed in the story as wealthy and from a respectable family. Her statement in the following quote reinforces the view of her high social status. This can be seen from the quote "I am Sung. I come from a respected, wealthy family" (Kwan, 2013: 436). Through this quote, Eleanor explicitly introduces herself as part of the Sung family, which is respected and wealthy. This statement is not only an affirmation of her wealth, but

also reflects how important family status and reputation are to Eleanor. By mentioning her family's wealth and honour, Eleanor shows that her wealth is not only material, but also rooted in family heritage and an established social position.

3.1.1.6 Eleanor Young Indirect Characterization

Eleanor Young's intimidating nature is indirectly characterized through her demeanor, words, and interactions with others. Her sharp gaze, calculated remarks, and commanding presence often leave those around her feeling uneasy or insignificant.

3.1.1.6.1 Eleanor Young is an Intimidating Person

Eleanor Young is an intimidating figure, especially when it comes to protecting the family status and future of her son, Nick. Her stern attitude and use of strong language become a tool to dominate and pressure those around her. It can be seen through Eleanor's actions when she intimidates Rachel through the dialogue: "You are not seeing the big picture. This girl is obviously a cunning, deceitful GOLD DIGGER! You know as well as I do that your son can never marry someone like that. Can you imagine how your family is going to react when he brings this gold digger home?" (Kwan, 2013: 104). This quote shows Eleanor using sharp and accusatory language to pressure her interlocutor and strengthen her position. By calling Rachel a "cunning" and "deceitful gold digger," Eleanor directly discredits Rachel's character and projects a threat to her family's reputation.

3.1.2 Conflict

The conflict in the novel contains a clash of actions, ideas, desires, or wills. The analysis will be focused on the internal conflict between Rachel and himself. While, the external conflict between Rachel Eleanor, and Nicholas Young.

3.1.2.1 Internal Conflict

In this section, the writer will analyze Rachel's internal conflict in the novel *Crazy Rich Asians*.

3.1.2.1.1 Rachel Chu

In this story, Rachel must deal with internal conflicts. It seems that Rachel, who was having lunch with her lover, Nicholas Young, was debating whether she should accept her boyfriend's offer to accompany him on a summer vacation to Asia. She weighed lots of things before deciding. She considered the time she would remain there, this can be seen through the dialogue "Everything sounds wonderful, but I'm not sure if I want to be gone for ten weeks," Rachel thought. (Kwan, 2013: 23).

The internal conflict was also found when Rachel was confused by the room arrangement when they landed in Singapore after accepting Nick's offer. As they had been at Nick's house, she wanted to know if she and he would be in the same room or separate ones. It can be seen from the following dialogue:

"Would they feel embarrassed if we shared a bedroom?"

"Don't worry, everything will get sorted."

"Get sorted," Rachel thought. Normally, she found Nick's British expressions charming, but in this situation, they were a bit frustrating.

(Kwan, 2013: 35).

Nicholas declares that all is going to be alright once they landed in Singapore. Rachel questioned Nick's statement "Get sorted." It made her ponder and bewildered. She thought Nick only wanted Rachel to settle down, but he had not realized it yet. Rachel was a little confused by the arrangement of the room because this was her first time with her boyfriend's parents, and was unfamiliar with Asian culture. Rachel was afraid to make a mistake since it would be her first time.

3.1.2.2 External Conflict

In this section, the writer will discuss the conflict between Rachel and Eleanor Young, as well as the conflict between Rachel Chu and Nicholas Young.

3.1.2.2.1. Rachel Chu and Eleanor Young

Eleanor underestimates Rachel's parental history because she does not originate from a major metropolis, which leads to the disagreement between the two women. She also mentions that Rachel's family is a peasant family. Eleanor becomes even more suspicious of Rachel Chu as a result. The fact that she would be with his only son is beyond her comprehension. She believes that her son should not be dating someone from a less affluent and respectable background than their own. She sees Rachel as undeserving of Nick, who hailed from an affluent family. She expressed it through the dialogue "Do not be funny with me! Her family comes from an abandoned village in China that nobody has ever heard. They were most likely working class. In other words, they are PEASANTS!" (Kwan, 2013: 89).

The conflict between them also occurs when Eleanor instructs Rachel to turn away and leave Nick. She cautioned Rachel that all she could do was to leave

Nick Young out of her life. Eleanor even established eye contact with Rachel to ensure she understood her meaning. She wants Rachel to leave Nick because of her background in the family, which she felt was unsuitable for being a part of the Young family. It can be seen through this dialogue, “Eleanor got to her feet and walked over to Rachel, catching her eyes. “I am pretty sure you are a nice girl, Rachel, I am doing you a favor, you realize that. You will be miserable in this household with your background” (Kwan, 2013: 367).

3.1.2.2 Rachel Chu and Nicholas Young

Nick and Rachel start to argue as Rachel starts inquiring about his relatives. Like her mother, who was familiar with Nick, she is curious about how well his family knew Rachel. She expresses it through the dialogue: “I do not get it; you said your parents all this time did not know me? “Yes. I mean, no, they did not”. (Kwan, 2013: 58). Rachel is truly surprised that Nick’s parents have not known about her after dating for two years. Nick tries to explain that he keeps their relationship private and has not shared any personal details with his parents. He sees their love story as something personal, not meant for discussion with anyone, including his family. As Nick explains to her, “I have consistently endeavored to maintain distinct boundaries between my personal life and my family life, that is all.” (Kwan, 2013: 58). Rachel found it hard to accept this and believed that Nick had deliberately kept her hidden from his parents.

3.1.3 Settings

In this part, the writer focuses on the social setting and will classify the social class between characters in *Crazy Rich Asians* Novel.

3.1.3.1 Middle Class

The middle class refers to individuals who occupy the middle position in the social hierarchy. It is a broad group in modern society, falling socioeconomically between the upper and working classes. One such individual in this class is Rachel Chu.

3.1.3.1.1 Rachel Chu

Rachel Chu, a twenty-nine-year-old woman, aims to be a successful individual with a top-tier education. She attended two prestigious universities in the U.S., Stanford and Northwestern. As the story mentions, “Stanford is a great university for anywhere. I believe she also went to Northwestern for her Masters. Rachel is very intelligent and capable, and completely down to earth” (Kwan, 2013: 61). Rachel does not come from a wealthy background. She lives with her single mother, who works tirelessly to provide Rachel with a strong education. Despite her career as an economist, Rachel is not materialistic, as illustrated by this quote: “She may be an economist, but she’s the least materialistic person I know” (Kwan, 2013: 149).

3.1.3.2 Upper Class

In modern civilization, the upper class consists of persons with high social positions. In this class, there are two members, there are: Eleanour Yong and Nick Young. The analysis will be seen through wealth, occupation, education, lifestyle, and background of the family.

3.1.3.2.1 Eleanor Young

Family of Eleanor is quite wealthy. She is from the “Sung” family, which is highly reputable, which can be seen through the following quotation: “I am Sung. I come from a respected, wealthy family.” (Kwan: 2013: 436). According to the dialogue, Eleanor Young hails from the Sung family, which is highly respected and affluent. Eleanor becomes one of the affluent heirs and the lady of the house in Young’s generation.

3.1.3.2.2 Nick Young

Nicholas Young is a handsome man who graduated from Oxford, where he earned degrees in both history and law. He works as a professor in the history department and serves as the faculty adviser for the History Organization, as mentioned in the quote: “He has just returned from Oxford, where he double majored in history and law.” (Kwan, 2013: 17). Nicholas is also incredibly wealthy in Singapore, being the last surviving “Young” in his family and the only one set to inherit the family fortune. However, Nick doesn’t fully realize the extent of his family’s wealth, as shown in this passage: “Apart from your father, you’re the only Young left in the family line. You’re the obvious heir for the next generation.” (Kwan, 2013: 148).

3.2 Extrinsic Elements

In this part of the study, the writer will analyze the extrinsic elements of *Crazy Rich Asian* novel, which are Rachel Chu’s Anxiety and Self-Defence Mechanism.

3.2.1 Rachel Chu's Anxiety

In this section the writer will analyze how Rachel Chu experienced all kinds of Anxiety; which are Neurotic, Moral, and Realistic Anxiety.

3.2.1.1 Neurotic Anxiety

Rachel's neurotic anxiety surfaces when Nick's grandmother forbids him from marrying Rachel due to their different family backgrounds. This rejection causes Rachel deep anxiety, as she realizes that Nick's family, particularly his mother and grandmother, disapprove of their relationship. It highlights Rachel's fear that her desire to be loved and accepted by Nick may never be fulfilled due to external pressures. This is evident in the following dialogue:

“Do not talk nonsense, I will not allow you to marry her, this woman does not come from a good family,” Su Yi said.
Rachel's face flushed and her jaw dropped. She leaves the room, her voice trembling, “I have heard enough of this.”

(Kwan, 2013: 377)

This moment highlights Rachel's immediate emotional response and reflects the deeper psychological struggles associated with feelings of inadequacy. Faced with the perception that she is unworthy of Nick due to her family background. Rachel physical response “her face flushed, her jaw dropped, and her voice trembling as she exclaimed, I've heard enough of this”, reflected the tremendous emotional distress caused by the confrontation. This moment encapsulates Rachel's deep fear that her love for Nick may not be enough to overcome the social and familial barriers imposed on them.

Rachel's neurotic anxiety also arises when she hears news from Eleanor that her father is still alive, Rachel said that her father died because of an accident when she was a child, but Eleanor met him in person a few weeks ago in prison, this news makes Rachel confuse, mutter and shock. It can be seen through the following dialogue:

“Rachel, you know that your father is still alive!”

“My father died in a terrible industrial accident when I was two months old. That's why my mom took me to America.” Rachel Stated.

“Well, I am sorry to inform you, Rachel. But your father did not die. He is in a prison outside Shenzhen. I saw him myself a few weeks ago.”

(Kwan, 2013: 377).

The dialogue, “My father died in a terrible industrial accident when I was two months old. That's why my mom took me to America,” reflects Rachel's firm belief in the narrative she has lived by, which she believes all this long. But, Eleanor's statement, “But your father did not die. He is in a prison outside Shenzhen. I saw him myself a few weeks ago,” shatters this belief, forcing Rachel to confront the possibility that her life has been built on an incomplete or false understanding of her origins. This revelation not only induces shock but also creates anxiety, as Rachel struggles to reconcile her mother's version of the past with Eleanor's assertion.

3.2.1.2 Moral Anxiety

Rachel's moral anxiety arises when Rachel feels a lack of knowledge regarding Nick's family and network. Rachel was astonished. Their lifestyle was insane. They might throw a massive party for days and spend millions of dollars

only to satisfy them. She feels insecure about herself after learning that her partner is affluent. The folks surrounding Nick were mocking her. They concluded that Rachel was unsuitable for Nick due to her social level and family background. It can be seen through this dialogue:

“I’m still experiencing some culture shock, or maybe it’s more like money shock. How these rich people spend their money, with their mansions, private planes, and dozens of maids—it’s something you have to see to believe.”

(Kwan, 2013: 252).

Rachel has a cultural shock when she observed how people lived in Singapore. They were successful, and they had amazing spending habits since they were all so wealthy. It can be observed during the party when they discussed purchasing luxury items, a nice home, and even a private jet to take them to an island, as well as having maids to serve them. Rachel even mentioned that she could face a monetary shock because she watched them spending a lot of money on their lifestyle. Rachel had never seen anyone spend so much money before coming to Singapore.

Rachel Chu also experiences moral anxiety after meeting One of Nick’s family. During the wedding. She met Mandy which is Nick’s former girlfriend. It started when Rachel realized Mandy was discussing her history with Nick. Rachel began to question Mandy’s desire to move on from Nick. It can be seen through the following dialogue:

“Rachel could sense a distinct territorial attitude from Mandy at the fort, making her question if Mandy had truly moved on from Nick....Now, as she was preparing for the most formal event....she found herself wondering how she would stack up against Mandy and the other impeccably stylish women in Nick’s world.”

(Kwan, 2013: 311).

In this story, Rachel feels inferior, convinced that she does not measure up to Mandy and Nick's other friends from Singapore. They are all attractive, wealthy, and sophisticated, while Rachel comes from a modest background. She believes she cannot compete with them and feels insecure about her appearance, wardrobe, lifestyle, and social status.

Another instance of moral anxiety occurs when Rachel struggles during her time in Singapore. She faces a great deal of stress, feeling out of place among Nick's friends, as she doesn't believe she belongs with them. It can be seen through the following expression:

“Rachel stood by the window, wiping away her tears. She was frustrated with herself The shock of the evening, combined with the built-up stress from the days before, had pushed her to this breaking point, leaving her feeling utterly exhausted.”

(Kwan, 2013: 344).

Nick had never shared details about his family or social circles, which left her shocked and confused. Overwhelmed by the situation, she finds it difficult to suppress the unhappy feelings and emotions she has been carrying for days. She was tired and angry after what happened to her in Singapore. All her experiences had made her unhappy, but that night, when Rachel learned about Mandy and Nick's history, she burst into tears. It was a combination of envy, mistrust, anger, and insecurity within herself.

3.2.1.3 Realistic Anxiety

Rachel's realistic anxiety appeared when Rachel comes back to her hotel room after attending Araminta's bachelorette celebration on Samsara Island. She

was surprised because her room was messed up by someone. The realistic anxiety can be seen through this dialogue:

“Rachel said, “I guess I am in shock, My room. I can’t explain it. Rachel murmured numbly,

“Go see for yourself.”

“Are you alright? Do I need to contact you for assistance?”

“No, I am fine. I am simply trembling uncontrollably.”

(Kwan, 2013: 222)

Rachel was astonished to see that her room was disorganized. This incident became even more frightening when she found a large, gutted fish in her bag. Rachel's reaction reflects realistic anxiety, which is a fear rooted in a real and immediate threat to her. This threat is not only physical, but also psychological, as it suggests that someone is deliberately trying to intimidate or even harm Rachel.

3.2.2 Rachel Chu’s Defence Mechanism

In this part, the writer only focuses on the types of anxiety that Rachel Chu has experienced; denial, repression, and sublimation.

3.2.2.1 Denial

Denial is one of the self-defence mechanisms that a person uses to deal with situations that cause anxiety. This mechanism works by rejecting reality or threatening facts to maintain emotional stability, so that the individual still feels safe even though the reality is different.

3.2.2.1.1 Denial to cope Rachel’s neurotic anxiety

In the story of the novel *Crazy Rich Asians*, the denial mechanism can be observed in the character of Rachel Chu. Based on Freud’s self-defence mechanism theory, Rachel uses denial to coping her Neurotic anxiety by rejecting information

that contradicts her beliefs, so that she can avoid feeling excessive anxiety. This denial arises because the new facts she receives shake the beliefs she has held throughout her life; it can be seen through the following dialogue:

“Rachel, I believe you know that your father is still alive!”
Rachel looked at Eleanor as if she was talking to a deranged woman. “My father died in a terrible industrial accident when I was two months old. That is why my mother took me to America.”
“Well, your father did not die. He is in a prison outside Shenzhen. I saw him myself a few weeks ago.”

(Kwan, 2013: 377).

In this dialogue, Rachel uses denial as a self-defence mechanism to overcome her anxiety, it can be seen when Eleanor tells Rachel that her father did not die in an industrial accident, but is alive and in prison in Shenzhen. Rachel has grown up believing that her father died when she was a baby, and this information completely contradicts what she has believed all along. It can be seen from this following expression: “Rachel looked at Eleanor as if she was talking to a deranged woman.” Rachel reacted as if Eleanor was insane, showing that she did not believe what Eleanor was saying. Rachel Stated: “My father died in a terrible industrial accident when I was two months old. That is why my mother took me to America”. Rachel immediately reaffirmed the narrative she had always believed, refusing to accept the new reality presented by Eleanor. Rachel’s reaction above shows how denial works as a defence mechanism. She cannot readily accept information that contradicts the beliefs she has held all her life, so she responds with disbelief and tries to maintain her previous beliefs while showing signs of significant emotional stress.

3.2.2.1.2 Denial to cope Rachel's realistic anxiety

In the novel *Crazy Rich Asians*, Rachel Chu's character faces realistic anxiety when she finds her room a mess after attending Araminta's bachelorette party on Samsara Island. Realistic anxiety is anxiety that arises in response to real dangers from the external environment. It can be seen through this expression:

“Rachel said, “I guess I am in shock, My room. I can't explain it.

Rachel murmured numbly, “Go see for yourself.”

“Are you alright? Do I need to contact you for assistance?”

“No, I am fine. I am simply trembling uncontrollably.

(Kwan, 2013: 222)

In this scene, Rachel uses denial as a way to deal with the anxiety that arises from the mess she finds in her room. Some indications of denial in her dialogue and behaviour can be analysed when Sophie asks, “Do I need to contact you for assistance?” Rachel denies assistance by saying, “No, I am fine. I am simply trembling uncontrollably.” She was physically showing signs of severe anxiety, with her body shaking uncontrollably. This denial shows that Rachel is trying to deny that she is in a vulnerable state and needs help. Denial works here as Rachel's attempt to maintain control over herself, despite her body clearly showing a stress response.

3.2.2.2. Repression

Repression is a self-defence mechanism in which an individual unconsciously suppresses or pushes unpleasant thoughts, feelings, or memories into the subconscious.

3.2.2.2.1 Repression to Cope Rachel Neurotic Anxiety

In *Crazy Rich Asians*, the repression mechanism is evident in Rachel Chu when she faces situations that bring about discomfort and emotional conflict. To cope with her Neurotic anxiety, Rachel uses repression to suppress strong emotions from coming out explicitly, so that she can maintain self-control in difficult situations. It happens when Su Yi, Nick's grandmother, emphatically states that she does not approve of Rachel and Nick's marriage is one example of the repression Rachel experiences, can be seen through this dialogue:

“Do not talk nonsense, I will not allow you to marry her, this woman does not come from a good family,” Su Yi said.
Rachel's face flushed and her jaw dropped. She leaves the room, her voice trembling, “I have heard enough of this.”

(Kwan, 2013: 377)

The dialogue above shows Rachel's physical reactions, such as “Rachel's jaw dropped,” showing that she was shocked by the unexpected and painful situation. However, instead of expressing her feelings of anger or disappointment directly, Rachel chose to leave the room. The line “She leaves the room, her voice trembling, “I've heard enough of this.” indicates that although Rachel's emotions are evident from her quivering voice, she suppresses her feelings by avoiding further confrontation.

3.2.2.2.2 Repression to Cope Rachel Moral Anxiety

In another scene, Rachel uses repression as her defence mechanism to cope with her Moral anxiety, it happens when Rachel pours out her feelings after facing pressure, which can be seen through the following dialogue:

“Rachel stood by the window, wiping away her tears. She was frustrated with herself The shock of the evening, combined with the built-up stress from the days before, had pushed her to this breaking point, leaving her feeling utterly exhausted.”

(Kwan, 2013: 344).

Rachel chose to stand facing the window and wipe away her tears. This physical action can be understood as Rachel’s way of diverting focus from her deep emotions. The phrase “She was frustrated with herself for crying”, it reflects her attempt to suppress the feelings that arose, as she did not want to get too wrapped up in the emotions. The accumulation of pressure she had experienced previously, as described in “The shock of the evening, combined with the built-up stress from the days before, had pushed her to this breaking point, leaving her feeling utterly exhausted”, suggests that Rachel had long suppressed her emotions before this emotional outburst finally occurred.

Based on the explanation above, we can see how repression is a self-defence mechanism that Rachel uses to deal with anxiety and emotional distress. By suppressing her feelings of anger or disappointment, Rachel tries to maintain self-control during a conflictual situation, even though this repression ultimately has a significant emotional impact.

3.2.2.3 Sublimation

Sublimation is a self-defence mechanism in which an individual transforms negative urges or emotions, such as anxiety or discomfort, into more socially acceptable or productive forms of expression.

3.2.2.3.1 Sublimation to cope Rachel's moral anxiety

In the novel *Crazy Rich Asians*, the character Rachel Chu faces significant moral anxiety and social pressure when dealing with an ultra-wealthy lifestyle that is very different from her own. Rachel uses sublimation as a mechanism to redirect these feelings into more productive actions or thoughts. One example of sublimation is seen when Rachel expresses the shock and discomfort, she feels toward the luxurious lifestyle she witnesses:

“I’m still experiencing some culture shock, or maybe it’s more like money shock. How these rich people spend their money, with their mansions, private planes, and dozens of maids—it’s something you have to see to believe.”

(Kwan, 2013: 252).

Instead of letting her anxiety dominate, Rachel turns her discomfort into awe or amazement at the wealth and luxury she sees. The sentence, “How these rich people spend their money, with their mansions, private planes, and dozens of maids—it’s something you have to see to believe.” shows that Rachel tries to process her feelings by describing in detail the luxurious lifestyle. By focusing on this description, Rachel diverts her anxiety into a more positive appreciation of her new experience.

Another example of sublimation is seen when Rachel prepares to attend a formal event with Nick. It can be seen through this dialogue:

“Rachel could sense a distinct territorial attitude from Mandy at the fort, making her question if Mandy had truly moved on from Nick.....Now, as she was preparing for the most formal event she had ever been invited to..... she found herself wondering how she would stack up against Mandy and the other impeccably stylish women in Nick’s world.”

(Kwan, 2013: 311).

Rachel feels anxious about how others will judge her, especially in Nick's social circle full of perfect-looking women. However, she uses Sublimation to cope with this moral anxiety, she uses this anxiety to motivate herself to look her best at the event. By preparing for her performance, Rachel turns her feelings of insecurity into an attempt to improve her self-image, a manifestation of sublimation.

Based on the explanation above, it can be seen how sublimation works as Rachel Chu's self-defence mechanism. By transforming feelings of anxiety or discomfort into more productive actions, such as detailed descriptions, self-preparation, or external validation, Rachel is able to deal with emotional distress in a constructive way and help herself navigate complex situations.