

**Self Defense Mechanisms in
Long Day's Journey into Night by Eugene O'Neill**

A THESIS

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ABSTRAK

Dalam skripsi ini penulis membahas tentang metode pertahanan diri yang diambil untuk mengatasi konflik dari kondisi psikologi karakter dalam karya sastra. Konflik tersebut dipengaruhi oleh pembentukan elemen-elemen pikiran yaitu Id, ego, dan superego. Analisa yang dihadirkan pada skripsi ini dimaksudkan untuk melihat elemen-elemen pikiran karakter yang menimbulkan konflik dan memberi dampak dalam kehidupan karakter yang menyebabkan karakter melakukan mekanisme pertahanan diri, baik yang dilakukan secara sengaja atau pun tidak. Hal ini yang membuat penulis tertarik untuk menganalisa drama *Long Day's Journey into Night* karya Eugene O'Neill

Dalam menganalisa masalah tersebut penulis menggunakan pendekatan psikologis dan mengaplikasikan teori psikoanalitik Sigmund Freud tentang mekanisme pertahanan diri. Penulis juga mengaplikasikan teori Sigmund Freud lainnya tentang Id, ego, dan superego. Untuk pengumpulan data dan referensi, baik itu merupakan data primer atau sekunder, penulis melakukan studi pustaka. Penelitian ini merupakan penelitian kualitatif sedangkan untuk memaparkan hasil analisa, penulis menggunakan metode deskriptif.

Dari hasil analisa drama ini, penulis menyimpulkan bahwa Id yang lebih dominan dari superego karakter merupakan konflik yang dapat memberi efek negatif. Konflik ini bisa diselesaikan langsung, namun karakter menggunakan mekanisme pertahanan diri dalam menghadapi konflik. Dari mekanisme pertahanan diri yang digunakan, penulis bisa melihat hasil penggunaan mekanisme ini terhadap kehidupan karakter. Pada akhirnya penulis menemukan bahwa mekanisme pertahanan diri yang digunakan karakter berdampak negatif sekaligus positif bagi kehidupan karakter.

CHAPTER 1

INTRODUCTION

1.1 The Background of the Study

A literary work is a creation of its author and a way the author could communicate his feeling or thought. It means that a literary work is the reflection of the author's psychology and also has psychological effects to the readers.

In literature, psychology becomes one of the important aspects in a story. Psychology describes and attempts to explain the thinking, the emotion, and the behavior of individuals, couples, families, and the other social groups. One of the branches in psychology is psychoanalysis.

Psychoanalytic literary criticism is a form of literary criticism, which uses some of the techniques of psychoanalysis in the interpretation of literature. Psychoanalytic literary criticism uses theories of the human psyche which are developed by Freud and others to interpret literature. Psychoanalysis offers family experiences in the developmental years shape the human experience. The psychoanalytic critic might psychoanalyze the characters, author, or reader.

One interesting play to be analyzed psychologically is *Long Day's Journey into Night* by Eugene O'Neill. The writer conducts this research for some reasons. The first reason is, the play is interesting that it is written by an author who wrote this play which is based on the real facts. In addition to this, the experiences that the author had. The second is, after reading the play, the writer sees that all the characters



fail in facing reality. It makes the writer wants to analyze the psychological zones of the characters. The third is the writer finds out that this play had never been analyzed psychologically. Then, the writer finds some critics who analyze this play only by using biographical approach.

Related to this condition, the writer wants to analyze this play by using psychological approach, which is focused on psychoanalysis by Sigmund Freud. The writer chooses Freud's psychoanalysis because psychoanalysis gives bigger influence in studying the abnormal behavior and personality development than other psychological ideologies. The writer chooses Freud's psychoanalysis because at the beginning the term of 'psychoanalysis' was only used related to Freud. It can be concluded that 'psychoanalysis' and 'psychoanalysis Freud' have the same meaning and cannot be separated.

In order to apply the psychoanalytic literary criticism, the writer chooses a play by Eugene O'Neill, *Long Day's Journey into Night* as the object of her analysis.

Eugene O' Neill was a foremost American dramatist and the winner of the Nobel Prize for literature in 1936 (<http://www.oneill.com> published on September 2001). In addition to this, his masterpiece, *Long Day's Journey into Night* was written from an intensely personal point of view. It is directly derived from the scarring effects of his family's tragic relationships. His mother and his father who loves and torments each other, his older brother who loves and corrupts him and dies of alcoholism in middle age, and O'Neill himself who caught and torn between love for and rage at all three.

CHAPTER 5

CONCLUSION

Eugene O'Neill's *Long Day's Journey into Night* is an interesting play to be analyzed psychologically. The writer finds some important points that are good for human being especially family. In this play, the author implicitly tells the readers how to teach and guide the children personality in the good way. The performing of the psychological conditions will bring some impacts to life so that one has to find a way to overcome them.

After analyzing the psychological conditions of the major characters in the play, the writer comes to conclusion that four of the major characters want to be success and live happily and wealthy. To fulfill their pleasure principles, they do anything without concerning the morality principles. Here, their Id are more dominant than their superego. The domination of Id brings some impacts in their life. Alcoholism becomes the first impacts of the dominant of Id in the family. All the four Tyrone are alcoholic. While Tyrone becomes alcoholic because his failure as an actor, Mary becomes alcoholic because she cannot reach her dreams to have a happy family. This also leads her to morphine addiction. Mary will go back to morphine every time she used to deal with the reality. The morphine addiction is the second impact.

On the other hand, Jamie cannot take his failure. He runs to whiskey and whores. All of his works are useless. Edmund who sails for years to get success is

also an alcoholic. He also has fragile health and he ends up with tuberculosis. Tuberculosis, which in those days was a very dangerous disease, is the last impact that appears.

Human being has to overcome the conflicts that happen in their life. Some will fight and struggle the conflicts, while some will use the self defense mechanisms to overcome them. The writer finds that all the major characters in the play use the self defense mechanisms. Mary uses repression to forget Tyrone's failure, denial to refuse her morphine addiction and Edmund's tuberculosis, and fantasy to handle her loneliness. While Jamie uses reaction formation to make Edmund fails as he has.

The writer finds that Mary is the number one victim in the play. She faces all the impacts of the domination of Id. She is one of the factors that cause the parental deprivation. She is also an alcoholic and morphine's addict. And as a mother, she has to concern to his son, Edmund who gets tuberculosis. We can imagine how terrible she is in facing all these conflicts. It is not surprised if she also the number one subject who uses the self defense mechanisms to overcome the conflicts. The writer also finds that all the major characters are adult enough but when they face problems, sometimes they will be adolescence. It can be seen from self defense mechanisms that they use. They use some defenses from the first, second, and third level of defense mechanism. They do not enter the last level of self defense mechanisms, immature defenses yet.

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