

**SELF DEFENSE MECHANISM OF CHRIS McCANDLESS IN
INTO THE WILD BY JON KRAKAUER**

A Thesis

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ABSTRAK

Skripsi ini membahas tentang mekanisme pertahanan diri yang diambil untuk mengatasi konflik dari kondisi psikologi Chris McCandless selaku tokoh utama dalam novel yang berjudul *Into the Wild* karya Jon Krakauer. 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. Mekanisme pertahanan diri ini diambil untuk menghindari abnormalitas dalam diri karakter.

Dalam menganalisa novel ini, penulis menggunakan pendekatan objektif oleh MH. Abrams dan teori psikologi sastra yang dikemukakan oleh Sigmund Freud. Terkait mekanisme pertahanan diri, penulis mengaplikasikan teori Freud tentang bentuk-bentuk mekanisme pertahanan diri. Untuk pengumpulan data, penulis melakukan metode kajian pustaka dengan cara mencari dan mengumpulkan buku-buku serta artikel-artikel yang berkaitan dengan topik analisa. Sedangkan untuk menganalisa data tersebut, penulis menggunakan metode kualitatif yang kemudian dijabarkan dengan menggunakan metode deskriptif.

Setelah menganalisa novel ini, penulis menyimpulkan bahwa untuk menyelesaikan konflik psikologi yang dialami oleh Chris McCandless, dia harus menggunakan mekanisme pertahanan diri dalam menghadapi konflik. Dari hasil analisis yang telah penulis lakukan, dapat disimpulkan bahwa mekanisme pertahanan diri yang digunakan oleh karakter utama dalam novel ini adalah *acting out* dan *identification*.

CHAPTER I

INTRODUCTION

1.1. The Background of The Research

Literature is work that is presented in words reflecting in daily life. Abrams in his book the Mirror and the Lamp stated that literature is one of human art. (10) It records human experiences, dreams and thoughts of human being. It also shows the psychological aspect of the human being in the story. As we know, all human beings on this earth have their own specific personality. Each person has their own personality that depends on their own habits. Moreover, in this life human being cannot face his life by his own ways. They need the other to fulfill the needs of his life. Relationship with each other will take an important part in this life. By the communication with the others, a human being can show their own habits and personality. The bad communication from this people can make a bad impact to the human relationship.

The psychological conflict in the entire human being often reflected in the other form of human creativities. Some of psychological aspect are reflected into literary works. Through writing a literary work, an author can indicates all events of social life, or people life and shows the experience or imagination of human life. Furthermore, literary work presents the reflection of human being in their daily life. Some of psychological aspect is reflected in the literary works. Sometimes, the psychological conflict reflects in the form of novels, plays, and poets.

Novel as popular literary work also gets the impact. Today, novel becomes the guide to understand the history and the author's community. Novel tells the readers about the history or an even that happened in the past. It can be the historical event or reflection from the author life or his community. Even, author's experiences and all the psychological conflicts have been showing in his novel. The author's conflict that reflects in novel becomes the main theme and the main data of the psychological developments from the characters. Mostly the character in a novel is a representation from the author's life, experience or his community. Nevertheless, sometimes the author takes the social life in his community as the main idea of his novel.

As a writer, Jon Krakauer has done the same thing. He explain the novel based on somebody's life experience in his community. The entire event in his life becomes the basic data for his novel. Jon Krakauer puts the psychological issues as the main theme for his novel especially Into the Wild (1996). Into the Wild is a novel about the psychological conflict that happen in its main character, Chris McCandless. This novel is telling about mysterious life of Christopher Johnson McCandless. In this novel, Jon Krakauer describes Chris McCandless as a brilliant and comes from rich family. His father, Walt McCandless has everything. He set up a good future for his son by asking him to follow all his rules. Walt McCandless is also asking him to take a law school. Unfortunately, Chris McCandless does not want to follow his parent's rules. It makes the psychological conflict of him. Finally, he decided to leave his family. He went to the wilderness, left anything he has. He burned his credit car as well as his money.

CHAPTER IV

CONCLUSION

After analyzing Into the Wild written by Jon Krakauer, I conclude that this novel described about the psychological conflict of the main character, Chris McCandless. The important issue in this novel is about the self defense mechanism of Chris McCandless. I get a full description of kinds of self defense mechanisms that is presented by Jon Krakauer in his novel Into the Wild. Self defense mechanism becomes pathological only when its persistent use leads to maladaptive behavior such that the physical or mental health of the individual is adversely affected. The purpose of the self defense mechanisms is to protect the mind from anxiety, social sanctions or to provide a refuge from a situation with which one cannot currently cope. Self defense mechanism itself can be taken by ego to save his mind from anxiety.

They are more accurately referred to as self defense mechanisms, and can thus be categorized as occurring when the id impulses are in conflict with each other, when the id impulses conflict with super-ego values and beliefs, and when an external threat is posed to the ego. The psyche zone, id and the superego of the main character, Chris McCandless was fighting each other. Then, to balance them, his ego makes acting out and identification as his self defense mechanism. These may occur in response to certain events or situations in society or in one's personal life.

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