

CHAPTER III FINDING AND DISCUSSION

This chapter contains the analysis of defense mechanisms through the main character, Greg Heffley in a film entitled *Diary of a Wimpy Kid*. In this film, there are five defense mechanisms that occur when the main character interacts with certain characters. The defense mechanisms that employed by Greg Heffley are denial, rationalization, displacement, sublimation and introjection. Therefore, this study will divide the analysis into five parts.

3.1 Greg Heffley's Denial

Denial is a defense mechanism that occurs to people who refuse to admit or recognize bad events that happen to them. It is because that bad event make them feel pain and upset. The focus of denial function is blocking external reality.

Denial can be in three forms, they are fantasy, ignoring reality like avoiding the events, not hearing, and not seeing or avoiding seeing, and negation by using negative sign word "not".

Greg Heffley's first denial is shown toward Rodrick Heffley, his brother. In this case, Greg Heffley uses negation by using negative sign word "not" to him. Cramer (2006) states that another component of denial is negation. In this case, people who feels their perception, thoughts, and feeling are disturbed by certain threatening, they will add negative sign, the "not". Such as saying a big dog becomes "not big", saying "I don't want to hit her" for a wish to inflict injury on someone, and saying "I'm not afraid" for the subjective experience of terror.

Greg Heffley uses negation to defend himself occurs when Greg Heffley and Rowley Jefferson accidentally meets his brother in front of Heffley's house after school. Then, Rodrick Heffley asks Greg Heffley whether Greg Heffley's first day is bad like his brother ever tells to him. Greg Heffley lies to his brother. He tells his brother that his first day of middle-school is good. Greg Heffley lies to Rodrick Heffley like that because he does not want his brother laughing and mocking at him. Then, Rowley Jefferson tells the truth to Rodrick Heffley that Greg Heffley's first day is bad because he eats his lunch on the floor. Rowley Jefferson's statement makes Rodrick Heffley laughing at Greg Heffley. It can be seen from the dialogue below.

Rodrick H. : Hey, little brother. Was your first day as a crappy as I said it would be?

Greg H. : Not. Not at all. You were wrong. It was actually better than I...

Rowley J. : Worse.

Rodrick H. : (CHUCKLES). You didn't listen to me, did you? I told you not to talk, look or go anywhere, and what happened?

Rowley J. : He had to eat his lunch on the floor.

Gerg H. : Rowley.

Rodrick H. : (LAUGHING) Perfect. And if nobody wants you sitting at their table, you think they want Chummy Buttons over here? I was right, you're not even gonna make it out of there alive. The only chance you have of making the yearbook is when they dedicate it to your memory.

(Source: *Diary of a Wimpy Kid*, minute 00:18:19)

What Greg Heffley does above is denial. According to Cramer (2006, p. 45), "Denial, however, occurs in other forms. An event may be perceived but only accepted in a negated form, as in "It didn't happen that way." From the statement above, it means that denial can be in negated form. A person does denial tries to omit a certain unpleasant event who makes him feeling anxious, pain or shame. In

this case, what Greg Heffley does is trying to say to Rodrick that there is no bad day experience in Greg Heffley's first day in middle-school.

In this case, Greg Heffley uses "not" word to negate his bad experience in his first day in middle-school. He negates his bad experience when he talks with his brother. He says that his bad experience does not exist although Greg Heffley himself knows that his first day in his middle school is bad. Rodrick Heffley finally knows that Greg Heffley just lies to him. Therefore, he lies to Rodrick Heffley by saying "Not. Not at all. You were wrong. It was actually better than I...".

Another denial that occurs to Greg Heffley is ignoring the reality like not hearing and not seeing. This defense mechanism occurs after Greg Heffley loses from Patty Farrell when he does wrestling exercise. Because of that, Greg Heffley shows up on the front page of school newspaper. Many students in his school laugh at him because of that. He ignores this situation by does not talk to anyone, does not read and even see the school newspaper. We can see from the dialogue between Greg Heffley, Angie Steadman and Rowley Jefferson below.

(ALL LAUGHING)

Angie S. : Well, look who's in the paper.

Rowley J : Greg! You're famous! Right on the front page!

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:31:00)

The dialogue above happens when Angie Steadman and Rowley Jefferson talk to Greg Heffley about his news. He does not response anything and just pass through. It is because Angie Steadman shows the school newspaper which is reporting about Greg Heffley's loss from Patty Farrell along with the picture of

him who is pinned by her. To emphasize Greg Heffley's denial, we can see the figure 3.1.1 below.



Figure 3.1.1 Greg is walking straight forward and passing his friends without saying anything.

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:31:10)

In this case, he tries to refuse the experience that ever happened to him. He tries to ignore everything that reminds him about his loss from Patty Farrell.

According to Cramer (2006, p. 44), "A most primitive component of denial is the failure to see what exists in reality. To not see or not hear what is "really" there".

The explanation above portrays Greg Heffley's situation. Greg Heffley does not want to see his loses picture from Patty Farrell that shows up in the front page of

school newspaper. He also does not want to hear his friends' laugh or hear everything that his friends say about that. So, he goes away and leaves his friends

without saying anything although Angie Steadman talks to him and brings the newspaper on him. After that, he feels that his popularity rank turning down. In

this case, he tries to ignore the unpleasant event that happens between him and

Patty Farrell by walking straight forward and passing his friends without saying anything because it hurts him. According to Freud (cited in Cramer, 2006, p. 44),

"the defense mechanism of denial, in its simplest form, is easy to conceptualize. In popular lore, it is seen in the advice "Just ignore it, and it will go away." In this case, Greg Heffley just ignore everything about his loss from Patty Farrell in wrestle training. Therefore, he does not response his friends' conversation and then just go away.

In another scene, Greg Heffley uses denial in not seeing form. It occurs when Greg Heffley meets Fregley, his weird friend. Greg Heffley's defense towards Fregley occurs when Greg Heffley and Rowley Jefferson sit on the audiences chair to wait his sport teacher for starting the sport subject. In that time, both of them are talking about rank of popularity. After that, Fregley suddenly comes and asks them whether they want to see his freckle while he shows his freckle on his stomach in front of Greg Heffley and Rowley Jefferson. It can be seen in the dialogue below.

Fregley : Hey, guys, wanna see my secret freckle?
 Greg H. & Rowley J. : (BOTH GROAN)
 Greg H. : *Fregley. Sent home for hygiene issues at least once a month.*
 Fregley : Check it out. It's got a hair in it!
 Rowley J. : What color is that?

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:08:41)

The denial expression which is shown by Greg Heffley can be seen in figure 3.1.2 and 3.1.3 below.



Figure 3.1.2 Avoiding Fregley's Freckle by furrowing his face and slanting his eyes.

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:08:44)

The first expression shown by Greg Heffley in figure 3.1.2. He is furrowing his face and slanting his eyes when Fregley suddenly comes in front of Greg Heffley and Rowley Jefferson by saying "Hey, guys, wanna see my secret freckle?". Then he suddenly open a half of his t-shirt to show his freckle in his stomach.

Next, Fregley emphasizes his freckle by pinching it and saying that there is a hair in it. It makes Greg Heffley moves his head from it. We can see from figure 3.1.3 below.



Figure 3.1.3 Avoid seeing Fregley’s freckle by moving and looking to another side.

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:08:58)

The second expression shown by Greg Heffley in figure 3.1.3 is he moves his head to look another side when Fregley shows his freckle that has a hair in it.

From the figure 3.1.2 and 3.1.3 above, we can see Greg Heffley’s expression that he tries to not to see Fregley’s freckle. Greg furrows his face, slants his eyes and moves his head into another side and looks down to avoid seeing Fregley’s freckle. He does not want to see the disgusting thing that appears in front of him.

Therefore he tries to not see Fregley’s freckle. According to Cramer (2006, p. 55),

“Denial occurs either by not seeing or by avoiding seeing.”

This defense mechanism also occurs when Fregley sits next to Greg Heffley in the cafeteria floor in lunch time. Fregley suddenly sneezes and covers his mouth and nose with both of his hand. We can see from the dialogue below

Fregley : I guess this is where all the cool guys hang out.
(SNEEZES)

Greg H. : *Fregley must have bumped his head when he was little, like, really hard.*

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:16:04)

In this scene, Fregley covers his mouth and nose with both of his hand that makes his hand full of snot. Greg Heffley feels disgust and he tries to not see it.

We can see from figure 3.1.4 below.



Figure 3.1.4 To not seeing Fregley's snot by moving closer to Rowley Jefferson and turning his head.

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:16:15)

Figure 3.1.4 shows that Greg Heffley moves closer into Rowley Jefferson side and he also looking forward to Fregley's opposite side. It is because Greg Heffley tries to avoid Fregley. He does not want to see Fregley's snot because he feels disgust of it.

In another scene of this film, Greg Heffley still uses denial to defense himself from Fegley. This event happens in the afternoon, in Fregley's house. At that time, Greg plays together with Fregley in Fregley's room. Fregley very happy after he takes a big plastic of candies from Greg Heffley's bag. Fregley jumps on

his bed to show his happiness. Then, Fregley begins to put his forefinger into his nose and tries to touch Greg Heffley with his dried snot in his finger. After that, Greg Heffley runs away from Fregley to avoid it. We can see the dialogue below.

Greg H. : Get away from me!
 Fregley : (EXCLAIMING), I can fly! Whoa. How fun, Greg Heffley!

(Source: *Diary of a Wimpy Kid*, 2010, minute 01:04:50)

In this dialogue, Greg Heffley tries to keep away from Fregley by saying “Get away from me!” when Fregley directs his forefinger with his dried snot sticks on it. Then, Greg Heffley runs away. We can see from figure 3.1.5 below.



Figure 3.1.5 Running away from Fregley.

(Source: *Diary of a Wimpy Kid*, 2010, minute 01:04:54)

In another scene, Greg Heffley uses denial in fantasy form. It occurs when Rowley invites Greg Heffley play with him in his house after school. It makes him getting abuse from his other friends in his school, especially from Quentin.

Because of that, his other friends laugh at Greg. We can see from the dialogue below.

Rowley J. : Hey, Greg! You want to come over and play?

(KID LAUGHING)

Quentin : What did he just say to you?

Greg H. : Oh. I think my rides's here.

Quentin : Hey, guys. So this guy says to that guy, "Do you wanna come over and play?"

Rowley J. : Yeah! Do you guys wanna play with us?

(BOYS LAUGHING)

Greg H. : *See? This is the problem. Right now I have to take abuse from these morons. But in 20 years, Quentin here will be working for me.*

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:16:34)

The dialog above shows when Greg Heffley feels that he gets abuse from Quentin and his friends, especially in his monologue by saying "*See? This is the problem. Right now I have to take abuse from these morons.*" Then, he begins to make a fantasy. He imagines his future in the next 20 years by saying "*But in 20 years, Quentin here will be working for me.*" and imagining the situation. We can see Greg Heffley's imagination from the dialogue below between Quentin and Greg Heffley along with Quentin destiny as his low servant.

Quentin : Greg, please don't fire me. I really need my measly, pathetic job, scooping your dog poop.

Greg H. : Whatever. I'll think about it.

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:17:09)

The dialogue above is Greg Heffley's fantasy when he wants to fire Quentin. While, the figure 3.1.6 below is Greg Heffley's imagination about Quentin's destiny.



Figure 3.1.6 Imagining that Quentin is Greg Heffley's low servant.

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:17:09)

In this case, Greg Heffley cannot accept the abuse from his friends. So, he uses denial to reduce his shame and anger. Greg Heffley begins to daydream or makes a fantasy. According to Anna Freud (1936, cited in Cramer 2006, p.45), "Denial is also expressed through "enacted daydreams," the satisfactions of which may replace the disappointments of reality... Instead, these daydreams remain as internal fantasies but may continue to function as part of denial." Greg Heffley makes a fantasy in the next 20 years, Quentin who abuse him will be working for him. He imagines that Quentin works as his servant who scoops his dog's poop. Quentin begs to Greg Heffley so that he does not fire Quentin. Greg Heffley responses is he will think about Quentin's beg arrogantly. Greg Heffley be an arrogant person because in his imagination, Greg Heffley is a rich-man and Quentin is his low servant. In this case, Greg Heffley tries to change Quentin as a bad person who humiliated him into a person who has low position that can be

humiliated. Greg tries to change himself as a person who has more power than Quentin.

In another scene of this film, Greg Heffley shows that he defends himself towards his little brother, Manny Heffley. He does not want to hear his little brother calls him “Bubby”. He has fear if other people will know his nickname which is given by Manny Heffley. He asks his mother to make Manny Heffley stop calls him “Bubby”. He does not want somebody else hear that. We can see from the dialogue below.

Manny H. : Bubby!

Greg H. : Mom, can you tell him to stop calling me that? What if somebody hears?

Susan H. : Then they’ll know how much he loves you.

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:39:11)

In this case, Greg Heffley does denial in “not hear” form. According to Cramer (2006, p. 44), “A most primitive component of denial is the failure to see what exists in reality. To not see or not hear what is “really” there”. Greg does not want Manny call him “Bubby” anymore because he afraid that other people can hear it.

In another scene of this film, Greg uses denial in avoiding form. It is because he wants to avoid Mrs. Irvine. He runs away after telling the kindergarteners that there are space monsters that will eat them. He orders the kindergarteners to enter into street hole. Unfortunately, Mrs. Irvine discovers what he does to them. She yells at him, but she yells the wrong name. She thinks that

Greg Heffley is Rowley Jefferson because Greg Heffley uses Rowley Jefferson’s

coat that has “R” initial in the coat’s back. The worst thing is Greg Heffley says “yes” to her. This situation can be seen in this dialogue below.

Greg H. : Oh, my gosh! Space monsters! They’re going to eat us, unless we can get into that hole! Come on, people, move it! Now, people! We’re gonna get eaten! Come on! Don’t Worry! I’m right behind you!

Kid : Whoa!

Greg H. : Go!

Mrs. Irvine : Hey! Rowley Jefferson, is that you?

Greg H. : Yes, Mrs. Irvine! Sorry, kids!

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:54:36)

After Greg Heffley says “yes” to Mrs. Irvine, he suddenly runs away and leaves the kindergarteners to avoid Mrs. Irvine who walks in rush to him. We can see from figure 3.1.7 below.



Figure 3.1.7 Running away to avoid Mrs. Irvine.

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:55:16)

In this situation, Greg Heffley does not want to be discovered by Mrs. Irvine. So, when Mrs. Irvine yells at him, he covers his face with the coat’s hood and then he runs away without turning his head to look her face because he is very afraid of her. He is afraid that he will be discovered as Greg Heffley, his true

identity, not Rowley Jefferson. According to Cramer (2006, p. 44), "These various components of denial can be subsumed under two broad categories. First, some operations are closely tied to the perceptual system; they ward off reality through not seeing, through avoiding, or through distorting what is perceived." So, in this case, Greg Heffley's denial is through avoiding.

All of denial that occurs to Greg Heffley is because he feels anxious. According to Schultz & Schultz (2009, p.60), "The first type of anxiety, the one from which the others are derived, is reality anxiety (or objective anxiety). This involves a fear of tangible dangers in the real world." Realistic anxiety happens because Greg Heffley is afraid of something that makes him feels endanger. First, Greg Heffley is afraid Rodrick Heffley will laughs at Greg Heffley if Rodrick Heffley knows that his first day in his middle school is bad. Second, Greg Heffley feels disgust of Fregley's freckle shown by Fregley in front of him. Third, Quentin, Greg Heffley's bad friend makes Greg Heffley's another friend laugh at him. Greg Heffley feels so humiliated by Quentin. Fourth, Greg Heffley does not like his little brother, Manny Heffley calls him "Bubby" because Greg Heffley is afraid that other people will hear and know that "Bubby" is him. Fifth, Greg Heffley is afraid to Mrs. Irvine will be discovered his identity when he does something bad to kindergarteners. That is why he runs away as soon as possible.

However, moralistic anxiety also happens to Greg Heffley when he runs away and leaves the kindergarteners. He says "sorry kid" to them because at the same time he also feels guilty to them.

3.2 Greg Heffley's Rationalization

According to Cloninger (2004, p.47), "The defense mechanism of rationalization involves giving plausible, but false, reasons for an action to disguise the true motives". People do excuse justification from what they do and thought that there is a rational reason behind it. The justification itself can be accepted by themselves only. People will take blame to someone or something rather than blame themselves for bad event that ever happen to them.

Greg Heffley uses Rationalization to defense himself after he loses in wrestling training from Patty Farrell. He says to Rowley Jefferson that he can pins Patty Farrell easily, but he will get trouble if he does that. The reason is because Patty Farrell is a girl and he does not want to hurt a girl because he will get problem. He creates a reason to reduce his pain from his loss. We can see from the dialogue between him and Rowley below.

Greg H. : And if I would have pinned her, which I could have done easily, you know I would have gotten in trouble for hurting a girl.

Rowley J. : Why does she even want to wrestle?

Greg H. : Who knows? Girls are very confusing.

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:31:25)

In this case, Greg Heffley creates a reason that can be accepted by himself. He loses from Patty Farrell just because she is a girl. Therefore, he loses from her because he does not want to hurt a girl. He takes blame to Patty Farrell who is a girl rather than acknowledge himself who plays wrestling badly. Greg Heffley wants to protect his self-esteem because he loses from a girl.

In another scene, rationalization occurs when Greg Heffley and Rowley Jefferson wear the same wardrobes in school. In this case, Greg Heffley wants to

be selected in a class favorite, especially in Best Dressed category. Greg Heffley has idea to wear a shirt and tie to make his other friends impressed by him.

Unfortunately, Greg Heffley finds Rowley Jefferson wears the same wardrobes like him. Greg Heffley is very shocked and little bit angry to Rowley Jefferson.

Because of their similar wardrobes, the whole class mates take abuse them by singing a song to mock them. After that, Greg Heffley says something in his mind

that maybe he needs a new best friend. It means that, Greg Heffley thinks that

Rowley Jefferson is someone who makes him fails to be selected in a class favorite. We can see from the dialogue below.

Rowley J. : Ta-da!
 Greg H. : I told you I was wearing this.
 Rowley J. : I know! I wanted to be matchers!
 BOY : Check them out!
 ALL : (SINGING) *Greg and Rowley sitting in a tree
 K-I-S-S-I-N-G. First comes love...*
 Greg H. : *You know, maybe Rodrick was right about Rowley. Maybe I do need a new best friend. But I can't just ditch him. I mean, if somebody has a better idea, I'd love to hear it.*

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:32:31)

In this case, Greg Heffley considers Rodrick Heffley's opinion about Rowley Jefferson. It is because Rowley Jefferson makes Greg Heffley humiliated by their class mates. Greg Heffley thinks that the rational reason behind this bad situation is Rowley Jefferson and he starts to think about new best friend although he cannot leave Rowley Jefferson.

Greg Heffley's rationalization happens on the next day after the wardrobes incident. He watches the video entitled "It's awesome to be me" in the class.

Then, he begins to think about Rowley Jefferson. He says in his mind that Rowley

Jefferson is the problem because he is not like him. He thinks he must fix Rowley

Jefferson. We can see from Greg's monologue below:

Greg H. : *I don't know about anyone else but I know what I learned. It is awesome to be me. The problem with Rowley is that he's not enough like me. I can't ditch him 'cause he'd be lost without me. But maybe I can fix him. Because that's the kind of friend I am.*

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:34:27)

In this case, Greg Heffley begin to think that Rowley Jefferson is a friend who does not suitable with him. So, to make Rowley Jefferson not ruins his plan again, he tries to change Rowley Jefferson in some ways. Greg Heffley arranges Rowley Jefferson how to be a person like him. Greg Heffley orders Rowley Jefferson to use one strap when he carries his bag, burns Rowley Jefferson's some unsuitable clothes and repaint Rowley Jefferson's bike from purple into black colour.

Another scene that shows as rationalization of Greg Heffley is he telling the truth to Rowley Jefferson that he is a person who terrorizes kindergarteners. Greg Heffley tells the truth when they meet each other in the school after few days Rowley Jefferson suspends from Safety Petrol. After that, Rowley Jefferson says that Greg Heffley is not a good friend but Greg Heffley disagree with that. We can see from the dialogue below.

Greg H. : So, listen. It's kind of funny, you know, the whole Safety Patrol thing.

Rowley J. : Yeah?

Greg H. : Ready for the funny part? Well, I'm the one who terrorized those kids!

Rowley J. : What?

Greg H. : Yeah, and I think we can both learn some valuable lessons from this. Like, I should be more careful what I do in front of Mrs. Irvine house. And you, well, you should be more

careful who you lend your coat to.

Rowley J. : You know what, Greg? You're not a good friend.

Greg H. : Whoa. How could you even say that? I'm a great friend.

Rowley J. : If you were a great friend, you would have told Mr. Winsky the truth.

Greg H. : Okay, one thing, you can't get mad about just...

Rowley J. : You only care about yourself. You hated my cartoon. You made fun of my clothes. You disrespected Joshie. You broke my hand and you didn't even seem sorry.

Greg H. : That broken hand was the best thing that ever happened to you!

Rowley J. : Don't call me. Don't come by my house. We're done.

(Source: *Diary of a Wimpy Kid*, 2010, minute 01:59:49)

In this case, Greg Heffley creates a rational reason that only can be accepted by him. Greg Heffley's reason behind the bad event which experienced by Rowley Jefferson is the valuable lessons that can be learned by both of them. They must be careful to what they do in front of Mrs. Irvine house and who they lend their coat to. Greg Heffley also thinks that terrorizes kindergarteners is a funny things. He also thinks that he is a good friend for Rowley Jefferson because he tells the truth to him. He also says that Rowley Jefferson's broken hand is the best thing that ever happen to him although someone who breaks Rowley Jefferson's hand is Greg Heffley when he throws a football to Rowley Jefferson while Rowley Jefferson rides a tree wheels bicycle. Greg Heffley thinks like that because when Rowley Jefferson's broken hand in healing process, Rowley Jefferson becomes more popular than Greg Heffley.

In the other scene, there are dialogue that represent Greg Heffley's rationalization. Greg Heffley is sitting in the chair near his school sport field while writing on his diary book. After that, Rowley Jefferson comes to him. He asks Greg Heffley to give his racing game back because Collin will sleep over in his

house and he need that game, but Greg Heffley does not want to give it back to him. Greg Heffley says to Rowley Jefferson that a person who finds that game can keep it. He also says that a person who left that game is a loser. Then, Rowley insists that the racing game is his game so he has the right to take it back. Greg Heffley tells Rowley Jefferson that Rowley Jefferson will not has that game and also will not has a half of his game stuff without Greg Heffley's information.

Greg Heffley also refuses that Rowley Jefferson's broken hand is because of him but because of the accident that happens to Rowley Jefferson. In this case, what Greg Heffley does towards Rowley Jefferson is rationalization. Greg Heffley creates a reason to Rowley Jefferson an excuse that only can be accepted for himself. We can see from the dialogue between Greg and Rowley below.

Rowley J. : Hey.
 Greg H. : Hey.
 Rowley J. : So, I left my racing game at your house and Collin's sleeping over tonight. So I need it back.
 Greg H. : What? No way. Finders, keepers.
 Rowley J. : You didn't find it, I left it.
 Greg H. : Fine, then, leavers, losers.
 Rowley J. : That's not even a real thing.
 Greg H. : It is if I say it is.
 Rowley J. : It's my game.
 Greg H. : Do you know what? You wouldn't have that game if I hadn't told you about it. you wouldn't have half the stuff you have without me.
 Rowley J. : Yeah, like a broken hand!
 Greg H. : That was a million years ago.
 Rowley J. : It clicks now! Hear that? Click, click, click, click. And it's all your fault!
 Greg H. : It was an accident!

(Source: *Diary of a Wimpy Kid*, 2010, minute 01:59:49)

From this explanation above, Greg Heffley does rationalization at that time is because he feels anxious. The anxiety that he feels is realistic anxiety. The first

reason is that Greg Heffley cannot accept his losses from Patty Farrell in wrestling training, so that he is afraid that he cannot choose in a Class Favorite because he loses from a girl. The second reason is Greg Heffley's problem about Rowley Jefferson who wears the same wardrobe as Greg Heffley which makes Greg Heffley cannot be chosen in Class Favorite. Then, Greg Heffley starts to think that Rowley Jefferson is his best friend who is not like Greg Heffley. The third reason is that Greg is afraid to lose the racing game although that game is not his, but Rowley Jefferson's. It is because Greg Heffley is very love game so much.

3.3 Greg Heffley's Displacement

Displacement is a defense mechanism that people do by releasing their desire or frustration by doing certain action toward someone else or other object as a substitute target which is less threatening.

In this film, Greg Heffley also uses displacement to defend himself. It occurs when he shows up on the spring play as a tree. There are many audiences there including his parents and his brother Rodrick Heffley and Manny Heffley.

Suddenly, when he walks through the stage, Manny Heffley shouts "Bubby" very loud many times. It makes other audiences laugh. Greg Heffley feels annoyed of what Manny says. He is also afraid other people will know who "Bubby" is.

Therefore he suddenly says "Hey, Bubby, I think you drop an apple" to his friend beside him, Archie. He does that to reduce his unpleasant feeling of fear of being discovered by other people that he himself is "Bubby". Greg Heffley uses his friend as a substitute target. We can see from the dialogue below.

Mammy H. : Bubby! (AUDIENCE LAUGHING) Bubby! Bubby!
Bubby.

Greg H. : Hey, Bubby, I think you dropped an apple.

Archie : Huh?

(Source: *Diary of a Wimpy Kid*, 2010, minute 01:10:07)

What Greg Heffley does is using Archie as a substitute target. He does not want other people know who “Bubby” is because he does not want other people laugh at him. Therefore he says like that to make audiences laugh at Archie, not at him.

Another scene of displacement in this film can be seen in figure 3.3.1 and Greg Heffley’s monologue below. It occurs when he accidentally breaks his pencil while he writes diary with the statement below.

Greg H. : *The whole thing with Rowley is, I was willing to let bygones be bygones. But then he made friends with Collin just to mess with me. As if I even care if he... Well, you know what? Two can play at that game.*

(Source: *Diary of a Wimpy Kid*, 2010, minute 01:02:44)

Then, what Greg Heffley does can be seen in figure 3.3.1 below.



Figure 3.3.1 Releasing his anger by throwing his pencil.

(Source: *Diary of a Wimpy Kid*, 2010, minute 01:02:44)

In this situation, Greg Heffley writes a diary to release his anger towards Rowley Jefferson because Rowley Jefferson makes friend with Collin. Then, he accidentally breaks his pencil. This situation makes Greg Heffley's anger increase. After that, he throws his pencil strongly. He releases his anger by throwing a pencil. In this case, Greg Heffley redirects his anger onto his pencil as a substitute target.

In this case, the anxiety that occurs to Greg Heffley is realistic anxiety.

The first reason is because he is afraid that all of people who attend in the play will discover that "Bubby" is Greg Heffley. The second reason is Greg Heffley angry with Rowley Jefferson because he makes friend with Collin. He is afraid he will lose Rowley Jefferson as his best friend because Rowley Jefferson does not want to make friend with Greg Heffley again.

3.4 Greg Heffley's Sublimation

Sublimation is a defense mechanism by releasing unacceptable impulse into a social acceptable or productive form. In this film, Greg Heffley uses sublimation as the way he defends himself.

It occurs when Greg Heffley releases his guilty by drawing a cartoon boy which looks sad. At that time, he is in a tough situation because he makes Rowley Jefferson suspends from Safety Patrol. He cannot tell the truth that he is the one who does inappropriate action to the kindergarteners to Mr. Winsky, a teacher who leads Safety Patrol. We can see this situation from figure 3.4.1 below

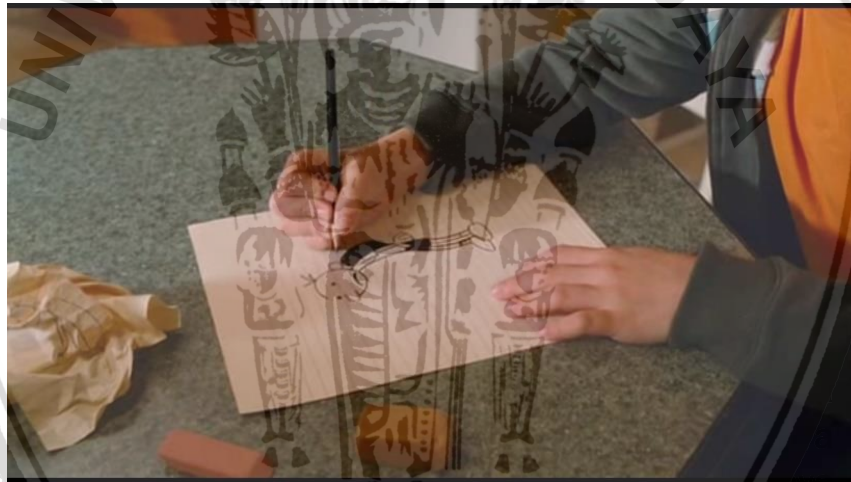


Figure 3.4.1 Releasing his guilty by drawing a cartoon boy which looks sad.

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:58:06)

Based on figure 3.4.1 above, Greg Heffley releases his anxiety towards Rowley Jefferson by drawing picture of a sad boy. He feels so guilty for what happens to his best friend. He is afraid to tell the truth because it will hurt Rowley

Jefferson and himself. Greg Heffley's anxiety also supported by the dialogue between him and his mother below.

Susan H. : You've been home for an hour and haven't badgered me for any snacks. Are you feeling okay?

Greg H. : Well I'm kind of in a tough situation. I know something and if I tell the truth about it, it could hurt somebody. But if I don't, it could hurt somebody else.

(Source: *Diary of a Wimpy Kid*, 2010, minute 00:58:13)

Based on the dialogue above, Greg Heffley thinks that if he tells the truth it will hurt himself but, if he does not tell the truth it will hurt Rowley Jefferson.

In this case, Greg Heffley's guilty is moral anxiety. Moral anxiety is guilty feeling or shame that people feels because they do something inappropriate that contradicted with moral in society. It happens because Greg Heffley does something who contradicts with the norms of society. He terrorizes the kindergarteners by telling them that there are space monsters who want to eat them and orders them to enter a street hole under Rowley Jefferson's name. It makes Rowley Jefferson gets the consequences because of him. He makes Rowley Jefferson suspends from Safety Patrol. He also does not tell the truth to Mr. Winsky as a teacher who leads Safety Patrol that he is the one who terrorizes the kindergarteners. Greg Heffley does not want to be suspended from Safety Patrol.

Therefore, Greg Heffley feels so guilty and releases his guilty by using sublimation.

Another scene of this film which shows how Greg Heffley uses sublimation as the way he releases his anger can be seen in figure 3.4.2 and his monologue. It occurs after he confess the truth to Rowley Jefferson. It makes their relationship bad. Rowley Jefferson is very angry with Greg Heffley and they do

not talk each other. Rowley Jefferson ignores Greg Heffley when Greg Heffley tries to greet him. After that, Greg Heffley also begins angry to Rowley Jefferson.

It occurs because Rowley Jefferson makes friend with Collin. Greg Heffley also hears the conversation between Rowley Jefferson and Collin that Collin is going to sleep over in Rowley Jefferson's house. Then, Greg Heffley comes home and releases his angry by writing a diary in his room. We can see from the monologue below:

Greg H. : *The whole thing with Rowley is, I was willing to let Bygones be bygones. But then he made friends with Collin just to mess with me. As if I even care if he... Well, you know what? Two can play at that game.*

(Source: *Diary of a Wimpy Kid*, 2010, minute 01:02:44)

That monologue above is supported by figure 3.4.2 below. It shows that Greg Heffley writes down what he thinks at that time in his diary.

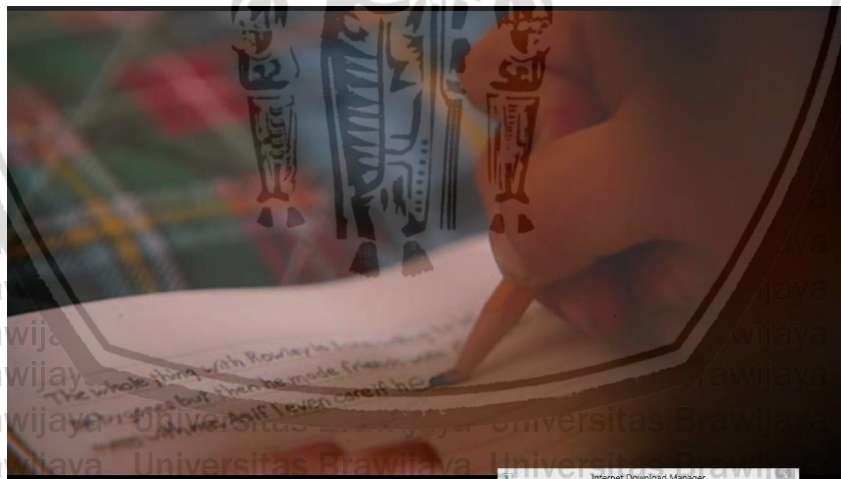


Figure 3.4.2 Writing diary to release his anger towards Rowley in his room.

(Source: *Diary of a Wimpy Kid*, 2010, minute 01:02:52)

In this case, Greg Heffley transforms his anger towards Rowley into an acceptable form. He transforms his anger into a written work. It is a diary. We can see from the monologue of Greg Heffley in his mind while he writes down it in his diary book.

In this scene, Greg Heffley writes diary to release his anger towards Rowley Jefferson because he feels anxious and guilty. What he feels here are realistic and moralistic anxiety. It occurs because he is afraid of loses his best friend, Rowley Jefferson. Rowley Jefferson makes friend with Collin not with Greg again and his guilty feeling appears because Greg Heffley makes Rowley Jefferson suspends from Safety Patrol Greg Heffley does inappropriate action under Rowley Jefferson's name.

3.5 Greg Heffley's Introjection

Introjection is a defense mechanism which is used by people to imitate other people personality characteristic. It means that the people who have emotional difficulty like fear or in efforts establish an identity will imitate another people's traits. It can be in positive or negative traits.

In Greg Heffley's case, he imitates Patty Farrell's bad personality. It occurs because he does not sing in the performance when he play as a singing tree on the stage. That situation makes Patty Farrell angry. She says that he should not ruin this performance like he ruins everything else. She threat Greg Heffley that she will beat him up. What she says irritates him. So, without hesitation, Greg Heffley throws an artificial apple to her although it does not hit her because she can catch it. After that, Patty Farrell does the same and the artificial apple hits

Greg Heffley successfully. And then, Greg Heffley continues to throw another artificial apple that he has. It can be seen from the dialogue below.

Patty F. : Sing! Sing! Sing!

Boy : This bites!

Patty F. : Come on, Greg Heffley! Stop ruining the play like you ruin everything else! Don't make me come over there and beat you up again! (EXCLAIM ANGRILY)

(Source: *Diary of a Wimpy Kid*, 2010, minute 01:11:17)

After getting threatened by Patty Farrell, Greg Heffley does not say anything. He just suddenly throws an artificial apple to her. We can see from figure 3.5.1 below.



Figure 3.5.1 Throwing artificial apple to Patty Farrell.

(Source: *Diary of a Wimpy Kid*, 2010, minute 01:11:37)

In this case, the way Greg Heffley releases his anger imitates Patty Farrell's bad trait. It is doing physical harassment. Greg Heffley throws artificial apples confidently to her. It is because she threatens him by saying that she will beat him again and it makes him very angry to Patty Farrell. We can also see Greg Heffley's anger face expression while he is throwing an artificial apple to Patty

Farrell from figure 3.5.1 above. Actually, Greg Heffley feels so anxious at that time, therefore he throws an artificial apple to Patty Farrell along with his anger expression. The anxiety that he feels is realistic anxiety. He feels like that because of Patty Farrell's threatening statement that she will beat Greg Heffley again if he does not sing, then ruins the performance.



CHAPTER IV CONCLUSION AND SUGGESTION

4.1 Conclusion

The finding of this study on *Diary of a Wimpy Kid* film shows information about psychological phenomenon of the main character named Greg Heffley, especially on defense mechanisms. This film shows how Greg Heffley as the main character defense himself from threatening situations so that he feels anxious. The anxiety that Greg Heffley feels is realistic anxiety and moralistic anxiety.

The anxiety that dominated to Greg Heffley is realistic anxiety. It is because the tangible danger comes from certain people around him. Such as from his own brothers named Rodrick Heffley and Manny Heffley, his best friend named Rowley Jefferson, his school friend named Angie Steadman, Fregley, Patty Farrell, and Quentin, and the last is from his neighbour, named Mrs. Irvine. In the other hand, moralistic anxiety also appears to Greg Heffley after he does inappropriate action. These anxiety that Greg Heffley feels is making him uncomfortable. To deal with his situation, Greg Heffley does defense mechanisms. The defense mechanisms found in Greg Heffley in *Diary of a Wimpy Kid* film are denial, rationalization, displacement, sublimation and introjection.

The defense mechanisms that dominated to Greg Heffley is Denial. It is because when he deals with his anxiety, he tendencies to ignoring the reality like avoiding the events, not hearing, and not seeing or avoiding seeing. He prefers to avoid unpleasant feeling and situation rather than tries to face it. In this case, his

anxious feeling drives him to defend himself because he feels that he is in the threatening situation.

So, every time he feels anxious because of certain people around him, he always keeps doing defense mechanisms. It occurs from the start until the end of this film.

4.2 Suggestion

This study analyzed about the defense mechanisms of the main character, Greg Heffley in *Diary of a Wimpy Kid* film. The unpleasant situation that Greg Heffley faces brings him into anxiety. The anxiety that he feels make him must defend himself. The theory that is used to analyze this film is psychology theory by Sigmund Freud. For the next researchers, if they want to analyze this film too, they can use Hierarchy of Needs theory by Abraham Maslow because the main character indicates that he wants to be acknowledged by his other friends at school. They can also use another theory and approach to analyze this film if it is possible.

REFERENCES

- Boeree, C.George. (2006). *Personality Theories*. Psychology Department. Shippensburg University. Retrieved September 06, 2013, from http://www.social-psychology.de/do/pt_freud.pdf
- Brown, Blain. (2012). *Cinematography Theory and Practice*. USA. ELSEVIER INC. Retrieved October 22, 2013, from [http://dl.bookos.org/genesis/779000/e4d896fe3eaf2f53e5da4555c3f9144f/_as/%5BBlain_Brown%5D_Cinematography_Theory_and_Practice,\(Bookos.org\).pdf](http://dl.bookos.org/genesis/779000/e4d896fe3eaf2f53e5da4555c3f9144f/_as/%5BBlain_Brown%5D_Cinematography_Theory_and_Practice,(Bookos.org).pdf)
- Cloninger, Susan.C. (2004). *Theories of Personality Understanding Person, Fourth Edition*. Upper Saddle River, New Jersey. Pearson Prentice Hall. Pearson Educatio, Inc.
- Cramer, Phebe. (2006). *Protecting the Self Defense Mechanisms in Action*. New York. The Guilford Press.
- Ewen, Robert.B. (2003). *An Introduction to Theories of Personality, Sixth Edition*. Lawrence Erlbaum Associates, Inc. Retrieved February 10, 2014, from [http://dl.bookza.org/genesis/771000/c54f040308822f628e81f9c9afe38fc7/_as/%5BRobert_B._Ewen%5D_An_Introduction_to_Theories_of_Pe\(BookZa.org\).pdf](http://dl.bookza.org/genesis/771000/c54f040308822f628e81f9c9afe38fc7/_as/%5BRobert_B._Ewen%5D_An_Introduction_to_Theories_of_Pe(BookZa.org).pdf)
- Feist, Jess. Feist, Gregory J. (2006). *Theories of Personalities, Sixth Edition*. United States. The McGraw-Hill Companies, Inc.
- Grigg, Austn E. (1996). *Encyclopedia Americana volume 8*. USA. Grolier Incorporated.
- Klarer, Mario. (2004). *An Introduction to Literary Studies, Second Edition*. USA. Routledge.
- Martinez, María José Fresnadillo. (2005). *Editorial Literature and cinema. History of a fascination*. Spain. Departamento de Medicina Preventiva, Salud Pública y Microbiología Médica. Facultad de Medicina. Universidad de Salamanca. Retrieved October 22, 2013, from www.usal.es/~revistamedicinacine/numero_3/ing...pdf/editorial_ing.pdf
- Moghaddam, Fathali.M. (2009). *From 'Psychology in Literature' to 'Psychology is Literature'*. Retrieved October 11, 2013, from http://fathalimoghaddam.com/research_files/1256623233.pdf
- Rothenbeg, Michael G. (1996). *Encyclopedia Americana volume 6*. USA. Grolier Incorporated.

Schultz, Duane P. Schultz, Sydney Ellen. (2009). *Theory of Personality, Ninth Edition*. USA. ICC Macmillan Inc. Retrieved February 10, 2014, from [http://dl.bookza.org/genesis/778000/e05918539af44d534671e675578b243e/_as/%5BDuane_P._Schultz,_Sydney_Ellen_Schultz%5D_Theories_\(BookZa.org\).pdf](http://dl.bookza.org/genesis/778000/e05918539af44d534671e675578b243e/_as/%5BDuane_P._Schultz,_Sydney_Ellen_Schultz%5D_Theories_(BookZa.org).pdf)

Strupp, Hans.H. (1996). *Encyclopedia Americana volume 22*. USA. Grolier Incorporated.

Suber, Howard. (1996). *Encyclopedia Americana volume 19*. USA. Grolier Incorporated.

Primadi, Weny Sukma. (2011). *The Manifestation Of Id, Ego, and Superego in a Character Named Jamal Malik in the Movie Slumdog Millionaire*. Universitas Brawijaya

Shito, Rarastri HP. (2011). *Defense Mechanism Applied by The Main Character in The Other Movie*. Universitas Brawijaya

Freudenthal, Thor. (2010). *Diary of a Wimpy Kid Film*. USA. Dune Entertainment and Dayday Films.

