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ABSTRACT

Primastuty, Ilmia Hidayatul Insani Primastuty. 2014, **Defense Mechanisms Employed by Greg Heffley in *Diary of a Wimpy Kid* Film**. Study Program of English, Department of Language and Literature, Faculty of Cultural Studies, University of Brawijaya. Supervisor: Fredy Nugroho Setiawan; Co-supervisor: Winda Candra Hantari.

Keywords: Psychoanalysis, anxiety, defense mechanisms, Greg Heffley, *Diary of a Wimpy Kid*.

People who live in a society must interact with other people around them and experience many events in their life. Interaction and experience that people have in their daily life their life can shape their personality. In the process of personality development, people face many events in their life whether is good or bad. Usually, people will feel anxious when they face bad events. People who cannot handle their anxiety will try to defense themselves to reduce their anxiety by using defense mechanisms. The phenomena of defense mechanisms can be seen in Greg Heffley as the main character in film entitled *Diary of a Wimpy Kid*. This study aims to reveal how defense mechanisms employed by Greg Heffley because of the anxiety that he feels while he interacts with certain people around him.

This study uses psychological approach to discover how defense mechanisms employed by Greg Heffley. Then, the theory that will be used is Psychoanalysis. Psychoanalysis theory discusses about human personality found by Sigmund Freud. Some parts of psychoanalysis theory is about anxiety that drives people to do defense mechanisms. In this study, some types of defense mechanisms employed by the main character to reduce his anxiety.

In this film, Greg Heffley as the main character always shows his anxiety because he always gets problems with certain people around him, such as Rowley Jefferson, Patty Farrell, Rodrick Heffley, Manny Heffley, Quentin, Mrs. Irvine and Fregley. The problems with them appear when Greg Heffley tries to achieve his goal, that is to be voted in a class favorite. To reduce his anxiety, he tries to defense himself by using defense mechanisms. There are five defense mechanisms used by Greg Heffley such as denial, rationalization, displacement, sublimation and introjection. Then, the anxiety that occurred to him are realistic anxiety and moralistic anxiety.

For the next researchers who want to analyze this film, they can use psychology theory from different theorist such as The Hierarchy of Human Needs by Abraham H. Maslow. They can also analyze this film by using the other theory if it is possible.

ABSTRAK

Primastuty, Ilmia Hidayatul Insani. 2014. **Mekanisme-Mekanisme Pertahanan yang Dikerjakan oleh Greg Heffley Dalam Film *Diary of a Wimpy Kid***. Program Studi Bahasa Inggris, Jurusan Bahasa dan Sastra, Fakultas Ilmu Budaya, Universitas Brawijaya. Pembimbing I: Fredy Nugroho Setiawan; Pembimbing II: Winda Candra Hantari.

Kata kunci: Psikoanalisis, kekhawatiran, mekanisme-mekanisme pertahanan, Greg Heffley, *Diary of a Wimpy Kid*.

Orang-orang yang hidup di masyarakat pastilah berinteraksi dengan orang lain disekelilingnya dan mengalami banyak peristiwa dalam hidupnya. Interaksi dan pengalaman yang orang-orang punya dalam kehidupan sehari-hari dapat membentuk kepribadian mereka. Dalam proses perkembangan kepribadian, orang-orang pastilah menghadapi suatu peristiwa dalam hidupnya apakah itu peristiwa baik atau buruk. Biasanya, orang-orang akan merasakan kecemasan ketika mereka menghadapi peristiwa buruk. Orang-orang yang tidak dapat menangani kecemasannya akan berusaha melindungi diri mereka sendiri untuk mengurangi kecemasan tersebut dengan menggunakan mekanisme-mekanisme pertahanan. Fenomena mekanisme-mekanisme pertahanan dapat dilihat pada Greg Heffley, yaitu tokoh utama dalam film yang berjudul *Diary of a Wimpy Kid*. penelitian ini bertujuan untuk mengungkapakan bagaimana mekanisme-mekanisme pertahanan ini dikerjakan oleh Greg Heffley yang disebabkan oleh kecemasan yang dia rasakan ketika dia berinteraksi dengan orang-orang tertentu di sekitarnya.

Penelitian ini menggunakan pendekatan psikologi untuk mengetahui bagaimana mekanisme-mekanisme pertahan dikerjakan oleh Greg Heffley. Lalu, teori yang digunakan adalah Psikoanalisis. Psikoanalisis menjelaskan tentang kepribadian manusia dan perkembangannya yang ditemukan oleh Sigmund Freud. Beberapa bagian dari teori psikoanalisis menjelaskan tentang kecemasan yang membuat orang mempertahankan dirinya menggunakan mekanisme pertahanan. Di dalam penelitian ini, beberapa tipe mekanisme-mekanisme pertahanan dikerjakan oleh tokoh utama untuk mengurangi kecemasannya.

Penelitian ini menemukan bahwa Greg Heffley sebagai karakter utama selalu menunjukkan kecemasannya karena dia selalu mendapat masalah-masalah dengan orang-orang tertentu disekelilingnya, mereka adalah Rowley Jefferson, Patty Farrel, Rodrick Heffley, Manny Heffley, Quentin, Mrs. Irvine and Fregley. Masalah-masalah dengan mereka timbul ketika Greg Heffley dalam proses untuk mencapai tujuannya yaitu terpilih di kelas favorit. Untuk mengurangi kecemasannya, Greg Heffley berusaha untuk melindungi dirinya sendiri menggunakan mekanisme-mekanisme pertahanan. Ada lima macam mekanisme-mekanisme pertahanan yang digunakan

oleh Greg Heffley, yaitu denial, rationalization, displacement, sublimation and introjection. Lalu, kecemasan yang terjadi pada dirinya adalah kecemasan realitas dan kecemasan moral.

Bagi para peneliti selanjutnya yang ingin menganalisa film ini, mereka masih dapat menggunakan teory psikologi dari teoritikus yang berbeda seperti Hierarki Kebutuhan Manusia oleh Abrahan H. Maslow. Mereka juga bisa menganalisa film ini dengan menggunakan teori lain jika hal itu memungkinkan.



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Hopefully, this study can enrich the research in psychoanalysis and becomes an inspiration for the next researchers in conducting related studies.

Malang, 20 Mei 2014

Ilmia Hidayatul Insani Primastuty

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