

## ABSTRACT

PURWITA, IDA AYU MADE SONIA. (2021). **Lily Bloom's Trauma and Defense mechanisms Seen in Colleen Hoover's *It Ends with Us***. Yogyakarta: Department of English Letters, Faculty of Letters, Universitas Sanata Dharma.

The essence of life is reflected in many things and takes shape in various form. Novel is one of them. Character is one of the important element of a novel. Characterization of a character determines how the character is viewed. Through the characteristics, what the character feels and experienced is revealed. In Colleen Hoover's *It ends with Us*, the main character, Lily Bloom displays characteristics that lead to attitudes which unravels her trauma. Lily's traumatic experience triggers her to employ defense mechanisms. As regards, this study tries to reveal Lily Bloom's Trauma and defense mechanisms.

There are two objectives the researcher wants to achieve through this study. The first is to identify Lily's attitudes that reflect trauma and the second is to reveal how defense mechanisms help Lily to cope with her trauma.

This study applied psychoanalytic approach. Psychoanalytic approach is considered appropriate since it tries to evaluate literature from the perspective of the inner workings of the mind. Using the library research method, the researcher utilizes the novel *It Ends with Us* as the primary source and a number of theories as to the secondary sources. The researcher follows several steps to accomplish the object of the study. First is to identify and to describe Lily's attitudes as depicted in the novel that reflect her past trauma. Second is to analyze the effect of Lily's trauma and figure out how she copes with it. By reflecting Lily's trauma through her attitudes, defense mechanisms that acts as a coping mechanism to protect herself can be revealed.

Trauma experienced by Lily is reflected through her characteristics. The portrayal of Lily Bloom in the novel influences the way she acts and thinks. Her attitudes presented the relation between the trauma she experienced and the employment of defense mechanisms. In regards to her attitudes she displayed four traits namely resentful, anxious, pessimistic, and acceptance. Those characteristics reflect the event of trauma she endured in her past. Being a victim of an abusive family affected Lily psychologically. The effect of the event was trauma. The result of this trauma is Lily exercising defense mechanisms upon the hardships she faced due to the trauma. It is the interconnectedness between trauma and Lily's characteristics that help the researcher to reveal Lily's defense mechanisms. The several defense mechanisms deploys by Lily are sublimation, denial, repression, and rationalization.

**Keywords:** *It Ends with Us*, trauma, defense mechanisms, attitude.

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Esensi kehidupan bisa direfleksikan dalam banyak hal dan dalam berbagai bentuk. Novel adalah salah satunya. Karakter adalah salah satu elemen terpenting dalam sebuah novel. Karakterisasi dari sebuah karakter menentukan bagaimana karakter tersebut digambarkan. Melalui karakteristik sebuah karakter, perasaan karakter tersebut serta apa yang dialaminya bisa terungkap. Dalam novel Colleen Hoover berjudul *It Ends with Us*, karakter utama dari novel tersebut, Lily Bloom memperlihatkan karakteristik berkaitan dengan tingkah laku yang mengungkapkan trauma. Trauma yang dialami Lily membuatnya menggunakan mekanisme pertahanan. Sehubungan dengan itu, studi ini bertujuan untuk mengungkap trauma dan mekanisme pertahanan Lily.

Studi ini memiliki dua tujuan, yaitu mengidentifikasi tingkah laku Lily yang merefleksikan trauma dan mengungkapkan bagaimana mekanisme pertahanan berperan dalam membantu Lily dalam mengatasi trauma.

Studi ini menerapkan pendekatan psikoanalitik. Pendekatan psikoanalitik dianggap layak digunakan karena bertujuan mengevaluasi karya sastra melalui sudut pandang psikologi, terutama dalam mengungkap cara kerja pikiran seseorang. Dengan menggunakan metode penelitian kepustakaan, peneliti memanfaatkan novel *It Ends with Us* sebagai sumber utama dalam penelitian dan sejumlah teori pendukung sebagai sumber kedua. Dalam mencapai tujuan studi ini, peneliti mengikuti beberapa langkah. Yang pertama adalah mengidentifikasi dan menjabarkan tingkah laku Lily. Yang kedua, bertujuan menganalisa mekanisme pertahanan Lily yang digunakan untuk mengatasi trauma, teori trauma dan *defense mechanisms* diterapkan. Dengan merefleksikan trauma, mekanisme pertahanan yang diterapkan oleh Lily dapat diungkap.

Trauma yang dialami Lily dapat direfleksikan melalui tingkah lakunya. Penggambaran karakter Lily Bloom di novel berpengaruh pada caranya bertingkah laku dan berpikir. Sehubungan dengan tingkah laku, Lily menampulkan empat macam yakni *resentful*, *anxious*, *pessimistic*, dan *acceptance*. Tingkah laku tersebut merefleksikan kejadian traumatis yang dialami Lily di masa lalu. Menjadi korban dalam situasi kekerasan rumah tangga menimbulkan dampak psikologis bagi Lily. Sebagai akibatnya, Lily mengalami trauma. Trauma yang dialami Lily adalah trauma kronis. Terdapat hubungan antara trauma dan tingkah laku yang bisa memicu Lily menerapkan mekanisme pertahanan. Sesuai hasil analisis, terdapat lima mekanisme pertahanan yang diterapkan oleh Lily, diantaranya adalah *sublimation*, *denial*, *repression*, dan *rationalization*.

**Keywords:** *It Ends with Us*, trauma, defense mechanisms, attitude.