

ABSTRACT

DEWI, VIRANDA A.E. (2024). **DOMESTIC VIOLENCE AS MANIFESTATION OF RYLE'S DEFENSE MECHANISMS IN COLLEEN HOOVER'S *IT ENDS WITH US***. Yogyakarta: Department of English Letters, faculty of Letters, Universitas Sanata Dharma.

Literature cannot be separated from our daily lives. It shares thoughts, emotions, and perceptions. Novel is a part of literature because of its artistic value and entertaining potential. Novels also can reveal a deep psychological truth through the character. *It Ends With Us* is a novel by Colleen Hoover. The novel talks about the main character named Lily. Shortly, she meets a guy named Ryle who one day will be her husband. When they are finally married, the "after-married life" begins. This novel highlights Ryle's toxic relationship that leads to domestic violence, explaining the trauma behind it and how the character copes with it using defense mechanisms.

There are three objectives in this study. The first is to analyze Ryle's characteristics. The second is to analyze Ryle's acts of domestic violence towards his spouse, Lily. The third is to analyze how the act of domestic violence manifests in Ryle's defense mechanisms in response to past traumatic experiences.

The present study uses library research to analyze the novel. The primary data for this study is a novel titled *It Ends With Us*. The secondary data consists of books, journal articles, and online sources. There are four theories applied in this study, the theory of characterization, the theory of domestic violence, the theory of PTSD, and the theory of defense mechanisms. The researcher uses a psychoanalysis approach in this study.

In the analysis, this study reveals that Ryle Kincaid depicts four characteristics: he is an aggressive, overthinking, sensitive, and manipulative person. It is all reflected in his actions and dialogue. This study also reveals Ryle's domestic violence: physical abuse (hitting and pushing), emotional abuse (yelling and cursing), and sexual abuse (raping). The acts of domestic violence happened because of Ryle's past traumatic experience. Ryle has seven symptoms of PTSD. PTSD leads him to use three defense mechanisms: projection (blaming his wife for his own mistake), displacement (taking his emotions out on a door and chair), and regression (he cannot move on from the past). Moreover, this study aims to examine Ryle's defense mechanisms manifest in domestic violence. Domestic violence appears because of his past traumatic experiences that he had when he was a child.

Keywords: *defense mechanisms, domestic violence, posttraumatic stress disorder*

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Sastra tidak dapat dipisahkan dari kehidupan kita sehari-hari. Ini adalah berbagi pikiran, emosi, dan persepsi. Novel merupakan bagian dari sastra karena nilai seni dan potensi hiburannya. Novel juga dapat mengungkap kebenaran psikologis yang mendalam melalui karakternya. *It Ends With Us* adalah novel karya Colleen Hoover. Novel tersebut bercerita tentang tokoh utama bernama Lily. Singkat cerita, dia bertemu dengan seorang pria bernama Ryle yang suatu saat menjadi suaminya. Ketika mereka akhirnya menikah, "kehidupan setelah menikah" dimulai. Novel ini menyoroti hubungan tidak sehat Ryle yang mengarah pada kekerasan dalam rumah tangga, dengan menjelaskan trauma di baliknya dan bagaimana karakter mengatasinya menggunakan mekanisme pertahanan.

Ada tiga tujuan dalam penelitian ini. Pertama adalah menganalisis karakteristik Ryle. Kedua, menganalisis apa saja tindakan kekerasan dalam rumah tangga yang dilakukan Ryle terhadap pasangannya, Lily. Ketiga adalah menganalisis bagaimana hubungan tindakan kekerasan dalam rumah tangga dengan mekanisme pertahanan Ryle dalam menanggapi pengalaman traumatis di masa lalu.

Penelitian ini menggunakan penelitian pustaka untuk menganalisis novel. Data primer penelitian ini adalah novel berjudul *It Ends With Us*. Data sekunder terdiri dari buku, artikel jurnal, dan sumber online. Ada empat teori yang diterapkan dalam penelitian ini, yaitu theory of characterization, theory of domestic violence, theory of PTSD, dan theory of defense mechanisms. Peneliti menggunakan pendekatan psikoanalisis dalam penelitian ini.

Penelitian ini juga mengungkap kekerasan dalam rumah tangga yang dilakukan Ryle: kekerasan fisik (memukul dan mendorong), kekerasan emosional (membentak dan mengumpat), dan pelecehan seksual (pemeriksaan). Aksi kekerasan dalam rumah tangga terjadi karena pengalaman traumatis Ryle di masa lalu. Ryle memiliki tujuh gejala PTSD. PTSD mengarahkannya untuk menggunakan tiga mekanisme pertahanan: proyeksi (menyalahkan istrinya atas kesalahannya sendiri), perpindahan (melampiaskan emosinya ke pintu dan kursi), dan regresi (dia tidak bisa melupakan masa lalu). Selain itu, penelitian ini bertujuan untuk mengkaji mekanisme pertahanan Ryle yang diwujudkan dalam kekerasan dalam rumah tangga. Kekerasan dalam rumah tangga muncul karena pengalaman traumatis masa lalu yang dialaminya semasa kecil.

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