

**A Bitter Game of Love:**

**Dexter's and Emma's Defense Mechanisms which Contribute to Complicated Love Relationship in David Nicholls' *One Day***

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**Abstrak**

Psikologi menjadi hal yang sangat penting ketika diterapkan dalam menganalisis tokoh dalam novel. Hal yang penting adalah bagaimana tokoh-tokoh menghadapi plot, dan sewaktu-waktu mereka harus menghadapi sesuatu yang tak dapat diterima, hal ini memicu munculnya kecemasan yang berakir pada mekanisme pertahanan ego. Hal inilah yang dialami Dexter dan Emma, mekanisme pertahanan ego mereka memainkan perasaan mereka dalam sebuah ikatan, ikatan cinta. Berdasarkan fakta tersebut, rumusan masalah yang dapat diambil adalah (1) bagaimana mekanisme pertahanan ego terpaparkan pada diri Dexter dan Emma dalam novel *One Day* karya David Nicholls? (2) bagaimana mekanisme pertahanan ego tersebut mempengaruhi hubungan antara Dexter dan Emma dalam novel *One Day* karya David Nicholls? Sedangkan tujuan dan manfaat penelitian secara otomatis akan menjawab masalah-masalah yang sudah dimunculkan. Untuk menjembatani bagian yang sulit dalam analisis ini, penggunaan metode menterjemah pada interpretasi yang menggunakan teknik pengumpulan data dengan akibat secara psikologis, sedang pendekatan yang digunakan pendekatan objektif. Analisa akan mengacu pada dua tokoh utama, Dexter dan Emma, dimana mekanisme pertahanan ego mereka memisahkan sekaligus menyatukan cinta mereka, sehingga hal ini menjadi jelas bahwa mekanisme pertahanan ego selain mengakibatkan konflik internal, juga mempengaruhi konflik dalam hubungan dengan orang lain.

**Keywords:** Psikologi, mekanisme pertahanan ego konflik, dan hubungan.

**Abstract**

Psychology becomes the crucial thing when it is used to analyze characters in novel. The important thing is how the characters face the plots, and sometimes they have to face something cannot be accepted, these are sourced to them of getting anxiety that ends to defense mechanism. This is what Dexter and Emma have to face, their defense mechanisms play on their relation, especially love. Based on those facts, the problems are (1) how are defense mechanisms depicted in Dexter and Emma in David Nicholls' *One Day*? (2) how do defense mechanisms affect to the relation between Dexter and Emma in David Nicholls' *One Day*? And the objectives and significances automatically follow it. To bridge the hard part in the analysis, the used method is interpretation that uses technique connecting data with the impact psychologically and the approach is objective. Based on the analysis goes further with the two characters, Dexter and Emma, they have defense mechanisms that can separate them and also unite them, thus it can be clear to get that defense mechanism besides influencing their own psychology conflict, also influences their relation to each other.

**Keywords:** Psychology, defense mechanism, conflict, and relation.

**INTRODUCTION**

Tendencies to see the character in a literary work have brought the literary appreciation to a place named

psychoanalytic. The connection between literature and psychology is an ancient one. The classic locus is Aristotle's series of attempts to account for the effects

of tragedy. Such a play as *Hamlet* that traditionally has been seen as an account of the psychological consequences of chronic circumstantial dilemma (Childs & Fowler, 2006:190). The psychoanalytic is derived from the characters, which play on the reality of the literary world. Here, psychology aspects of the characters befall an important substance to be always dug down and deeper, whereas each character delivers something called personality. In personality, the influence outside of a person or character becomes crucial part within the development of it. In this development, as Freud says, there are three basic aspects affects of this development, Id, Ego, and Superego. These three integrate to a unit. However, among those three, the imbalance often happens, and it pushes the character to do defend, defense mechanism.

Defenses, as Lois Tyson writes in his *Critical Theory Today*, are the processes where the contents of the unconscious are kept in the unconscious. In other words, they are the processes where repressions work well in order not to accept what cannot be accepted. Defenses include *selective perception, selective memory, denial, avoidance, displacement, and projection* (Tyson, 2006: 15). Those all work as a system in the unconsciousness, and this system, in other word, is named defense mechanism.

It is impossible for anyone not to have internal conflict in the life, social life needs someone to interact with another, this interact will affect whether it is good or bad effect. This effect either directly or indirectly will control someone's decision. The decisions, which are based on the effect, throw someone in to the conflict. This relation rolls in someone's life. To deflect it, literary work can be the one of this pouring of the experience.

In a literary work, especially novel, character takes important role in articulates the message of the literary work's contents. Characters are the life of literature: they are the objects of our curiosity and fascination, affection and dislike, admiration and condemnation (Bennett & Royle, 2004:60). Thus, characters of a literary works can be considered as the representation and reflection of the reality world because, as Wellek and Warren say, literary work is representation of the author who lives and involves in society. The experience of being part of the society affects to the imagination of the author that is finally down to a writing or literary work, through language as the medium of the reflection (Wellek & Warren, 1949:90). In other word, the relation between the author and the character is tightly strong. Additionally, the power of the reader to appreciate a literary work also connects

the author to the reader (Bennett & Royle, 2004: 19—20).

Based on this fact, characters brings psychology aspects, where within the psychology aspects, the development grows and emerges conflicts. These conflicts make the character to do defense mechanism for balancing their personality. It becomes a "drive" for this thesis' aim for articulating the problem of the characters Emma and Dexter in David Nicholls' *One Day*.

*One Day* is a novel by David Nicholls, which is published in 2009 and in the 2010 this novel was named Popular Fiction Book of the year at the United Kingdom's annual Galaxy National Book Awards ceremony, and was granted the accolade of Galaxy Book of the year

Each chapter of this novel covers the lives of these two protagonists on 15 July, St. Swithin's Day, for twenty years. It is told, Emma and Dexter love each other although they two never utter it directly, additionally, and they are different characters. Emma is the star class, simple, and hard worker, while Dexter is a handsome man, bourgeois, and play boy. They have to separate after the graduation. Emma moves to London and becomes waitress in the restaurant while Dexter works as entertainer. Emma's life is full of works, she is very busy, and never thinking of another man. Dexter, where his life is surrounded by girl, continues his life with women. The interesting part is, every time Dexter feels unhappy, he must call Emma, just to say something, to recalls something, and chits chat. Time goes fast and Dexter decides to marry to Sylvie. He starts to be good man, stops being playboy. Emma knows it, and she starts to open her heart for another man. Ironically, when Dexter starts to be a good father after having a child from his marriage, Sylvie actually has an affair with Dexter's friend. So is Emma, she feels unhappy. She feels that she has been trapped in the flat, a complex condition where she has to live with Ian, a man she even does not love. However, she keeps staying with this condition, because she knows Dexter has already got Sylvie.

Defense mechanismsthat they have, emergesomequestions to be analyzed. Emma, as a woman, has shown her defense mechanism through her living with Ian, her former friend in the restaurant where she used to work. At the other hand, Dexter, as a man, has shown defense mechanism "professionally". Representation Emma as woman that protects her feels can be represented to women in the reality world. Women, is identically with a creature that is full of dignity, especially with an entity called feeling. The feeling becomes the important thing to keep and save.

It indicates woman as sensitive creature. This characteristic is very interesting to be explored through the defense mechanism. It is not far from Dexter, with regardless of consideration toward his over plus, Dexter strongly portrays his defense mechanism. He, as a man, also has what Emma has, the dignity of uttering the feeling. It sounds to ruin the opinions that claim men as creature with no feel. Dexter, with his playboy character, actually has the rarest fact, and it is the feel.

Those facts bring the questions about those two characters, which their defense mechanism raises to become a crucial part for their personality. While it is understood that defense mechanism, according to Hall, is the ego's work of dealing with the threats and dangers that strikes the person and it arouses anxiety. Hall continuous it with calling that ego of a one may try to dictate everything considered as dangerous thing by adopting a realistic problem-solving method, or it may attempt to reduce the anxiety (Hall, 1979: 85). Therefore, what becomes important in the defense mechanism is the decision of ego to do or not to do based on the reality that strikes the anxiety of one.

Anxiety itself is known as "A painful emotional experience which is produced by excitations in the internal organs of the body" (Hall, 1979: 61). While what bases them is the id, ego, and superego. These three are three parts of human personality, each of which represents specific functions (Hall, 1979: 89). The id is the part of the personality that is the primitive, instinctive component of penalty that demands immediate gratification of its urges. The ego is the part of personality that acts as an intermediary between the id and the external worlds. It operates in accordance with the social realities: social norms, etiquette, rules, and customs. the superego which resides in both unconsciousness and consciousness. It is a person's moral code that incorporates social standards about what represents right or wrong (Hall, 1979: 41—46).

To simplify it, id can be analogized as the evil side of ones, superego is the angel side of ones. Id represent the basic natural instinct of human and it mostly is based on pleasure principle such as sexual, desire, hungry, and everything buried in the unconsciousness. On the contrary, superego represent the moral side of human and it mostly is based on the something creates human's behaviors such as moral part, religion, norm, and everything relates to good side of human. They dictate the human self, and it is the ego. Thus, when the id takes over, human seems to be a bad one, while when the superego governs it, human seems as the good one. Unfortunately, when it is struck by the

unstable id and superego, the anxiety comes and delivers the unwell position of the ones.

The function of the ego is to involve in one's decision-making and problem solving processes that are rational and realistic. That way, the function of superego is to help the ego in giving the standard of right and wrong in its decision making process to satisfy and fulfill id's demands. Their defense mechanism makes them to the conflicts, the conflicts that internalize themselves to their internal conflicts. This defense mechanism, hopefully, can be a great issue to be considered as the psychology development of ones.

To end this part, Defense mechanism in Emma and Dexter character in David Nicholls' *One Day* becomes interesting topic to discuss. Psychology and literature can be united through appreciation and reflections the character toward social life. It is an inspiration of this thesis to open up the psychology conflicts, the defense mechanism. Hopefully, this thesis, entitled "A Bitter Game of Love: Dexter's and Emma's Defense Mechanisms which Contribute to Complicated Love Relationship in David Nicholls' *One Day*", can be truly used as a review for another research.

## RESEARCH METHOD

To analyze a literary work, must need a method, within the method, the technique and the approach stimulatingly work on it. A method is a way to do something. This meaning has similarity with the meaning of technique, but the difference sharpens to the skill. Technique is a way to something that requires skill. Thus, it can be understood that a method is higher or more general than technique. The method that is used in this thesis is interpretation the text or the novel. To interpret the text, reading the novel more than once is necessary because it is to catch something missed or something hidden that cannot be caught only with once reading. After reading the novel, integrating the data based on the interpretation of the text that finally becomes the source of the analysis. Plus, with the addition of the theory that has been cooked before, the analysis can be unarguable fact. Tabling the data can be the convenience one because it is to simplify the analysis, particularly for the readers.

This method indirectly drives the technique that is used. When it is talking about interpretation, while interpretation is a way to read something in order to grab the meaning, thus it can be said that is also as the technique. This technique is very important to use because it is to interpret the text, while in the text there is characters that represent the psychology aspects. These psychology aspects appear like a glance, it

means that the interpreters will catch it only as signs. Thus, interpretations will be the right technique for this one.

As following, the approach that is used is the objective approach because everything that is related to the analysis, including the data, is from the text with regardless the truth of universe or the relation with other facts. According to Rene Wellek and Austin Warren, approach to analyze literary work is divided in two, intrinsic and extrinsic. When it is said that this thesis uses the approach of extrinsic, that will be not wrong, but, for more specific approach, Abrams re-explain to divide that there are four kinds of approach in literary work, they are mimesis, expressive, objective, and pragmatic (Wellek & Warren, 1949: 63—137, Abrams, 1976: 8—29). Thus, to conclude it, the approach that will be the appropriate one is objective because it is textual, with regardless own opinion from experience of the researcher and the general truth. The objective approach is textual approach that means the source and the hidden result is revealed up by the analysis that requires the objective result from the text.

To begin the analysis, the first one to do is listing the collected data, then it is continuously sorted to classify the proper quotations or collected data. After all, it will be the matter that will be blended in analysis with background of the theories understood before.

## PSYCHOANALYSIS

Psychoanalysis is the process whereby clues to repression are recognized and represented in a way that can be understood by the conscious mind (Green & Lebihan, 1996: 147). Psychoanalysis itself offers a systematic accounting of the psychic apparatus (especially the unconscious) and a theory of the mind and human psychic development (Castle, 2007: 163).

Some says that literary work is the representation of the author experience, while psychoanalysis is a way to analysis a symptom of psychology aspect. Thus, it will raise a question of the relation between them. Felman says that literature is considered as a body of language that is interpreted while psychoanalysis is considered as a body of knowledge whose competence is called upon to interpret (Felman, 1982: 5). Thus, it can be said that the interpreter or the analyst is the one who treats the character of the object of the literary work. Because, in a literary work, especially novel, the characters are the life of literature and they are the objects of our curiosity and fascination, affection and dislike, admiration and condemnation (Bennett & Royle, 2004: 60).

It becomes clear that the relation between the characters and the readers can create a relation that assembles in psychoanalysis. Furthermore, as Phillips points out that there is little attention given by Freud to the places where these analogies fail to work effectively, to the point that is inappropriate to treat a patient as a text, or a text as a patient (Green & Lebihan, 1996: 146).

## ID, EGO, AND SUPEREGO

According to Freud, there are three parts of human personality, each of which represents specific functions. They are the id, the ego, and superego (Hall, 1979: 89). These three consciously and unconsciously drags and makes human to do, to think, and even to realize particularly about his or her life. The id is the part of the personality that is the primitive. It is also an instinctive component of penalty that demands immediate gratification of its urges. The ego is the part of personality that acts as an intermediary between the id and the external worlds. It operates in accordance with the social realities: social norms, etiquette, rules, and customs. While the superego lives in both unconsciousness and consciousness. It is a person's moral code that incorporates social standards about what represents right or wrong (Hall, 1979: 41—46).

To simplify it, id can be analogized as the evil side of ones, superego is the angel side of ones. Id represent the basic natural instinct of human and it mostly is based on pleasure principle such as sexual, desire, hungry, and everything buried in the unconsciousness. On the contrary, superego represent the moral side of human and it mostly is based on the something creates human's behaviors such as moral part, religion, norm, and everything relates to good side of human. They dictate the human self, and it is the ego. Thus, when the id takes over, human seems to be a bad one, while when the superego governs it, human seems as the good one. Unfortunately, when it is struck by the unstable id and superego, the anxiety comes and delivers the sick position of the ones. It is the time of the defense mechanism comes over unconsciously.

## ANXIETY

Anxiety is usual symptom, which normally happens on people's mind, however, it is only a process when anxiety strikes human's mind, whilst, the source of the anxiety itself is human's "mental apparatus." (Schultz & Schultz, 1987: 310). While, Matsumoto differentiates it in to three meanings, anxiety as a fearful mood that has no specific focus and is accompanied by bodily arousal, anxiety, in learning theory, as a secondary or conditioned drive which leads to an

avoidance response, while in Freudian theory it can be a realistic fear of possible events, a conscious expression of unexpressed and usually conflicted energy, or moral qualms, the last, in existential theory, anxiety is the emotional aspect of the constant state of uncertainty of human beings who have to choose courses of action in a world in which there are no inherent guidelines (Matsumoto, 2009: 46). Those, it can be put in to a closer meaning that relates to the case of this thesis. Because this thesis uses Freud theory as the ground to analyze, while the novel gives the existence of the characters at least in the plots of the story or the reality of the novel, those what Matsumoto explains in, is appropriate to be considered. Furthermore, if the anxiety becomes severe, someone will be so desperate. The severe anxiety itself is a result of basic feeling caused by inadequacy and inferiority (Naramore, 1966: 42) of the reality. Thus, this one overly things everything around he or she is not safe, and it is supposed to be as threats.

In this relation with depression, depression is one of the results of anxiety. In simpler word, depression is the intense feeling of depressed that causes down mood (Frisch & Frisch, 1998: 240). The down mood is sourced by the feeling of further experience that is potentially not fulfilled. Thus, it is characterized by mixture of feeling, thought, and behavior. In addition, it is usually related to a sense of loss (Kendall & Philip, 1992: 31).

In Hall's *A primer of Freudian psychology*, Freud says that the reason why anxiety becomes one of the most important concepts in psychoanalytic theory is because anxiety plays an important role in the development of personality as well as in the dynamics of penalty function. Therefore, he states that anxiety is "A painful emotional experience which is produced by excitations in the internal organs of the body" (Hall, 1979: 61).

## DEFENSE MECHANISM

In psychoanalysis, defense mechanism is any variety of unconscious personality reactions, which the ego uses to protect the conscious mind from threatening feelings and perceptions. Furthermore, Matsumoto adds that in psychoanalysis, any of a number of strategies the ego employs to prevent the energy of an unfulfilled desire from disrupting its plans. It usually involves repression of the desire and a redirection of the energy. In reaction formation, the energy is directed into proclaiming and acting as if one's self wish were the opposite of the desire. In sublimation, the energy is directed into work or other activity having no obvious resemblance to the original

desire or its object. In repression the desire and its object are simply pushed into the unconscious and expression of the energy is delayed. In displacement, the energy is redirected to an object acceptable to the ego's plans (Matsumoto, 2009: 152).

In case where one's ego is being pressed by the reality and fails to balance the id and the superego and awoken anxiety, the ego will unconsciously utilize its defense mechanism to protect itself from the painful emotional experience. Defense mechanism of the ego is one of the major tasks imposed upon the ego of dealing with the threats and dangers that attack the person and awoken anxiety. one's ego may try to master the danger by adopting a realistic problem-solving methods, or it may attempt to alleviate anxiety by using methods that deny, falsify, or distort reality and that impede the development of personality (Hall, 1979: 85). Therefore, the function of a defense mechanism is to minimize the anxiety, to protect the ego, and to maintain repression.

There are several types of defense mechanisms, such as repression, regression, projection, reaction, formation, fixation, displacement, denial, compensation, avoidance, dissociation, identification, and other unsaid defense mechanism. From those types, there are only several types of defense mechanism that will be used in this thesis, such as Denial, Reaction Formation, Rationalization, and idealization.

Denial is the refusal to accept reality or fact, acting as if a painful event, thought or feeling did not exist. It is considered one of the most primitive of the defense mechanisms because it is characteristic of early childhood development. As what Matsumoto writes in *The Dictionary of Psychology*, he states that denial is a primitive defense mechanism where the individual wards off unwanted emotions and experiences by not noticing or remembering experiences, which are the most important to others. In psychoanalytic terms, this kind is an unconscious maneuver to avoid conflict. For example, Jane has had a difficult childhood experience with physical abuse and neglect. When she has been an adult, she is very attracted to Steve and feels "protected" by his rough exterior. Although she is around him when his behavior is controlling, hostile, and rude to others, she unconsciously does not allow herself to experience or remember these aspects of his behavior because of the unconscious conflict it stirs up in her. Although her friends may point out these experiences that they clearly observe and remember, because of her use of denial, Jane will be unable to remember or see what they are describing (Matsumoto, 2009: 155).

Many people use denial in their everyday lives to avoid dealing with painful feelings or areas of their life they do not wish to admit. For instance, a person who is a functioning alcoholic will often simply deny they have a drinking problem, pointing to how well they function in their job and relationships. While in Dexter's and Emma's they do this defense mechanism for avoiding any risk if they deliver and utter what they feeling each other, it can be included in this kind because Emma herself has no any confidence of being a girlfriend from the most wanted, the most handsome boy, Dexter.

The next one is Repression, it is the unconscious blocking of unacceptable thoughts, feelings and impulses. Repression is also understood as the aggressive subjugation, exclusion, or checking of the progress of something by something else. Whilst, in psychoanalysis, it is concluded as the exclusion of any impulse, memory, or idea from consciousness in order to protect the ego's plans from disruption by the impulses associated with the repressed material (Matsumoto, 2009: 440).

The key to repression is that people do it unconsciously, so they often have very little control over it. "Repressed memories" are memories that have been unconsciously blocked from access or view. Furthermore, it can be sought that what is repressed is the memory or experience, or something that can hurt the self of someone. Thus, the only way to avoid it is repressing it, through this kind of defense mechanism; something clear will be caught in Dexter's and Emma's character.

Followed by Reaction Formation that is conveyed in one of analysis in this thesis. It is a defense mechanism in which the individual covers up painful unconscious realities by conveying and feeling the opposite emotional experience. For example, an individual may unconsciously feel anger and frustration toward his/her mother but feel that this anger is much too destructive to convey directly. In a complicated unconscious process the individual identifies only with positive experiences of his/her mother and conveys these experiences in a single-minded manner. Reaction formation is notable in that the conveyance of positive experience often appears too strong and lacks any depth or subtlety. As with most defense mechanisms, this process is unconscious: the individual using this defense mechanism is only aware of his or her positive experience and is oblivious to the more intensely negative unconscious experiences (Matsumoto, 2009: 424).

Then, Rationalization is a defense mechanism whereby the individual uses complicated (often

circuitous) explanations in order to justify behavior. This defensive process happens outside conscious awareness and is thought to be a way of covering up a more painful unconscious reality. For example, a person may be in an abusive relationship but focus on the good aspects of the partner's behavior (For example, "He is actually a really nice person when you get to know him") in order to justify staying in the relationship. The rationalization therefore serves to justify the behavior. Additionally, rationalization acts as a way of covering up other unconscious motivators (Matsumoto, 2009: 423).

The last is idealization or it is often known as idealized self, is a conception of the way one would like to be, as contrasted with the way one believes oneself to be, which may serve as a goal to improve oneself. It is also supposed as neurotically that increases view of oneself in which one believes he/she has achieved his or her ideal (Matsumoto, 2009: 444). Thus, what thing that has to know is the ideal thinking of someone who has defense mechanism as the best solution to end the goal.

#### DEPICTION OF DEFENSE MECHANISMS

The depiction of defense mechanisms that is meant is sharpened to Dexter and Emma as the main characters.

Dexter, he is the man with all perfection, handsome, and rich. However, what the irony one is, he is falling in love with a woman whose character is almost impossible to assemble, the different character of him, the opposite character of him, and that woman is Emma. A woman with low profile character, clever, star class, and she is not as "naughty" as Dexter (naughty here means that Dexter is told as the playboy). Then, because of a reason, he rejects it. This rejection probably is caused by something unsaid, but the symptom or the signs that can be got from this react to deny the reality of his love toward Emma, can be traced to understand that it is a kind of defense mechanism, and it is denial. It can be seen on this statement:

'I have nothing to say.' 'No-one in Rome? No nice Catholic girl?' 'Nope.' 'Not a student, I hope.' 'Of course not.' 'What about back home? Who's been writing you those long tear-stained letters we keep forwarding?' 'None of your business.' 'Don't make me steam them open again, just tell me!' 'There's nothing to tell.' (Nicholls: 2009: 30).

It can be seen clearly when it is known that Dexter denies the fact that he falls in love with someone to his mother. Indeed, it is a usual thing happens to every man when he is asked by his mother to tell his

girlfriend, the man usually denies it. Firstly, it is given an understanding of the Id of Dexter, the Id that makes Dexter becomes a man with all dignity, because being a star is the desire of everyone, and it is natural instinct. The condition of the superego constructs the influence of the moral side, the way he loves someone, Emma. This condition makes imbalance condition of the Ego, and it raises the anxiety. The anxiety that can be being rejected, being stayed away by Emma, and everything that is not pleasant for the self of Dexter, therefore, to construct it, Dexter's ego constructs a defense, and the best way to is denial.

However, the thing can be sneaked by the signs of this fact. All the other reasons that will bring Dexter to love are caused by the factor of Dexter's handsomeness. With that fact, he is able to get all women in the school and even in the campus. As the result, he is a playboy one. Unfortunately, by being playboy, he finally ends his love adventure to a very common girl. There are so many beautiful girls, but Dexter's heart stops searching and ends it to Emma. While, Emma herself is not a woman as Dexter dates usually. Thus, it can be supposed by the logical reasons psychologically, that what Dexter reacts by denying his girlfriend is a kind of defense mechanism, called Denial.

Another case that shows defense mechanism in related to Dexter is a moment when Dexter talks about Ingrid. It is understood before, that Dexter is the fantasy of every women, no exception for Ingrid. Take a look at this statement below,

'I just thought we might be more relaxed, with our clothes off.' 'Un-believable, just unbelievable—' 'You don't think you'd be more relaxed?' 'NO!' 'Why not?' 'It doesn't matter why not! Besides, I don't think your girlfriend would be very pleased.' 'Ingrid wouldn't care. She's very open-minded, Ingrid. She'd have had her top off at WH Smiths in the airport—' (Nicholls, 2009: 87).

On the statement, it is implicitly told that Dexter says that Ingrid does not matter with the idea of Dexter, but the fact says different thing because Ingrid feels so angry when she knows that Dexter is with Emma. This case actually seems usual in the jealous case between a couple, but there is slipped a defense mechanism. That is reaction formation.

This reaction formation firstly is constructed by the anxiety that Dexter cannot accept the fact, the fact then is changed into another form, and the new form is purposed to defend himself of getting something unpleasant. The unpleasant thing is something that the Id cannot receive, the Id must want something pleasant, while the Superego relates to the good side of Dexter

of not hurting anyone. Therefore, this imbalance demanding finally gives seduction of raising the anxiety that is ended by the raising of the defense mechanism, while the defense mechanism in this case is the reaction formation.

Another case of defense mechanism happens to Dexter, and this below statement will show another defense mechanism.

'I mean . . . can I speak frankly?' 'Do you have to?' 'I think I do. It is my prerogative.' 'Go on then.' 'I think that you have it in you to be a fine young man. Exceptional even. I have always thought that. Mothers are supposed to, aren't they? But I don't think you're there yet. Not yet. I think you've got some way to go. That's all.' 'I see.' 'You mustn't take this badly, but sometimes I worry that you're not very nice anymore.' 'There's nothing I can say to that.' 'There's nothing that you have to say.' (Nicholls, 2009: 132).

Dexter does defense mechanism when he says that he is fine, although he is in not good condition. This fact actually is a kind of defense mechanism where the rationalization becomes the main point.

As what has been explained before that rationalization is a defense mechanism whereby the individual uses complicated (often circuitous) explanations in order to justify behavior. This defensive process happens outside conscious awareness and is thought to be a way of covering up a more painful unconscious reality (Matsumoto, 2009: 423). Based on that explanation, it can be said that rationalization in simple point is to justify the behavior. The meant behavior must be the ego of the one, the ego that is between the Id and the Superego. The Id demands not to get any pain, Id must push to pleasure because it is based on the pleasure principle with regardless the reality, while the Superego is based on the reality principle. When the experience does not guarantee of giving pleasure, the ego must face the fact that he has to keep having the pleasure. The Superego does not want to fulfill the Id if it is not proper with the reality, therefore, the realization is born to keep the Ego of someone to be balance of the conflict between the Id and the Ego that has the opposition idea to fill the Ego.

According to Matsumoto, what makes Dexter chooses the realization as the reaction can be understood. In order to avoid any misunderstanding, and any commutations, he chooses the best way as the answer of it. Thus, what is out of his conscious awareness becomes the threat and more painful than the reality. Thus, the realization becomes the best

reason to do, because the reality is not more painful than what he thinks.

Another defense mechanism is shown by Dexter when Dexter becomes a jobless one. He still lifts his dignity as high as sky. Becoming a jobless one does not make him becomes a low profile one and this statement can be seen as the proof one.

'I wondered what you were up to these days, work-wise?' she repeats patiently, making clear that this is a job interview for the post of Sylvie's boyfriend. 'Well, I've been working on a couple of new TV shows, actually. We're waiting to find out what's going to get commissioned.' 'What are they about, these TV shows?' 'Well one's about London nightlife, a sort of what's-on-in-the-capital thing, and the other's a sports show. Extreme Sports.' (Nicholls, 2009: 250).

On the quotation, it delivers a fact that Dexter is a jobless one. He is out of the entertainment company, and looking for a job. But he says that the reason he is out of the entertainment company is for not making Sylvie's parent disappointed of him at the first sight.

According to the reason that Dexter delivers, it can be seen a fact that Dexter really hides his shame, he prefers to defend himself by telling the ideal thing to say. A reaction that Dexter has done is a kind of defense mechanism, and it is called as idealization. This fact can also be traced by the source of the defense mechanism, started from the Id. The Id must bring Dexter to keep in the good position, in the pleasure position, and in the pleasure principle. However, the reality says that he is jobless, that means he is in the shy position, having shame is not good thing for him, therefore it is opposite to what the Id demands to the Ego. The anxiety then emerges, and the best way to is creating defense mechanism, and the defense mechanism is idealization.

In the psychology term, there is a term of idealized self. It is a conception of the way one would like to be, as contrasted with the way one believes oneself to be, which may serve as a goal to improve oneself (Matsumoto, 2009: 244). If it is related to the concept of idealization defense mechanism, it can be seen the bold red line that they are the concept of ideality where the ideal thing is considered as the best thing to select. In the defense mechanism system, idealization is the defense mechanism that realities to the concept ideal of the user of defense mechanism use. While, the idealized self strives to make sure another one that he or she is the one who people should be. Then, to conceptualize it to the case of Dexter who wants to get good impress from Sylvie's parent, the ideality finally shapes to the think that Dexter wants to be a man who

can be a pride of Sylvia's parent. In other word, what Dexter has done, is the idealization where people around him, unconsciously is dragged to admit Dexter as a good one.

In talking about Dexter, it will be so naïve if it is not involved in Dexter's love. She is Emma. As what the mention has been rendered before, Dexter is falling in love with a woman named Emma. Their love is not as soft as the lovely love story as usual, the thing that makes the conflict of their love story is sourced by their defense mechanisms.

Dexter as a playboy and Emma as a clever woman have made a sense about the conflict of them, especially in their love story. After talking about Dexter, it can be carried on talking about the thing that sources their difficult love, and it is the defense mechanism Emma has.

It is not much different with what Dexter has reacted when it is related to love, Emma, as a silent woman, clever, and common, has a feeling to Dexter. However, what Dexter always does, behave, and admit to Emma is not like what Emma expects to. Thus, it makes Emma prefers to never say the truth of what he feels to Dexter, although she is actually falling in love in Dexter.

'How about that guy?' he said. 'What guy?' 'At work, the waiter. Looks like captain of the computer club.' 'Ian? What about him?' 'Why don't you go out with Ian?' 'Shut up, Dexter. Ian's just a friend. Now pass the bottle, will you?' (Nicholls, 2009: 68).

Emma, as what the quotation has shown above, is falling in love in Dexter. Dexter tries to pump a topic relates to love, and Dexter asks the guy with Emma in the place where Emma works, however, Emma feels that Dexter investigates it and Emma decides to deny it while answering that the guy is only her friend. It can be bolded to the last statement of her when she shouts and says that Ian, the guy she works with, is only her friend.

Based on that fact, it can be impressed that Emma is angry when Dexter talks and asks about a guy relates to Emma. What is wrong with that question? The thing that can be got from the conversation that Emma seems not to feel comfortable by the question relates to her love, particularly when the question is out of Dexter's mouth. It is not a kind of suspicion when it is said that Emma does not want to hurt Dexter's feeling or to make Dexter disappointed, but it is a kind of getting a result by the signs of Emma personality.

The personality of Emma must be feeling uncomfortable, if it is not, why should she feel angry? This angry then is dragged into a feeling that can be a

kind of threat or unwanted thing that probably disturbs Emma's experience, thus her system of defense shape a defense mechanism, and what Emma has done sharpens to a kind of defense mechanism called denial. The unwanted experience is the unwanted thing by the Id of Emma. However, she has to see that the Dexter does not love her (As what Dexter denies by his defense mechanism). Then, to make her Ego stay calm, her anger emerge as the defender, the defender to defend herself by denial.

Another case, Emma loves Dexter but it seems not to be realistic thing because Dexter marries to Sylvie, then Emma tries to be with Ian although she does not love Ian truly. Facing this fact is such a difficult position of both Emma and Ian. And this is what Emma utters,

'Well that's hardly going to happen, is it?' 'No, so you keep saying.' 'He's going out with Suki Meadows.' 'But if he wasn't?' 'If he wasn't it wouldn't make the slightest bit of difference, because I love you. (Nicholls, 2009: 187).

Emma always tries to hides it, hides it as strong as she can do, but it does not work at all. Although Emma tries to love Ian, tries to open her heart to Ian, but the real heart belongs to Dexter. Then, it can be put this reaction as the form of changing as the result of defense mechanism.

What is meant by the reaction is the formation that is shaped by Emma because of the broken wall of defense Emma has, then the broken thing is finally re-formed to fill the reality, and this is the reaction formation. This is a kind of defense mechanism that conveys to put everything into the reality although the reality is the opposite experience, something that is not truly she wants.

For a simpler verity, Emma wants to be with Dexter and it is the Id of Emma, but what Dexter has done by marrying Sylvie, has broken Emma's desire to be with him and this is the reality principle of the Superego, and what Emma does is fulfilling the Ego by the condition. Then, she decides to live with Ian, her friend at the restaurant where she works. Living with someone she does not love is very painful thing for Emma, but she has to be realistic. Because, sometimes, what human wants is different with what the reality conveys. To fill it, Emma has to accept it.

Actually, what Emma has done by deciding to live with Ian is a reaction formation, the defense mechanism that can fulfill the realistic happening to her. It can be imagined if Emma forces and insists Dexter to stay with her, the anxiety must be governing her by the threats of being left and of not being loved anymore by Dexter. The conflicts, the ruin of her heart

that completely disturbs herself, must be raising another defense mechanism automatically. Thus, to make it clear, the reaction formation of Emma is finally cracked by the feeling of Emma that is hidden previously.

### **IMPACTS OF THE DEFENSE MECHANISMS TOWARD THE RELATION BETWEEN DEXTER AND EMMA**

The things that have been explained above, the defense mechanisms of them, Dexter and Emma, finally result the impacts of them. It can be understood that the defense mechanism has impacts toward the relation between Dexter and Emma.

The story of the relation of them, Dexter and Emma, has been told for ten years, and along with this long sailing of the love story, they never stay away from defense mechanism. Either Dexter and Emma, does defense mechanisms that is sourced by the Id that demands and the Id is blocked by the reality principle by the Superego. This strike finally makes the imbalance of the Ego, the Ego then feels anxiety, then to re-make it balance the Ego construct the defense mechanism, if Dexter does not admit that he loves Emma, so does Emma who does not admit that she loves Dexter. Far away within this case, the things that can be seen is the different way they are doing defense mechanisms. Dexter seems to have dignity to admit it, while Emma seems to have pessimistic feeling of replying by Dexter's love.

The dignity of Dexter can be looked as the clear case because it is known that Dexter is a handsome guy, a presenter of a show on TV station, being loved of mostly women, and being the dream of mostly men, and by those facts he has to admit that he loves to a woman whose the beautiful is very common, whose the life is usual, not glamour, and having ambition of being writer. This is actually what bases the Id of Dexter of not being in the opposite condition. With that appeared details, it is not a kind of wrong perception when it is said that Dexter should not love Emma because of the opposite life and character between two of them.

Based on what Dexter has been shown reflected on his personal life, it becomes the realistic thing for Emma of having pessimistic feeling toward Dexter, although she loves him so much and cannot replace Dexter in her heart with another man. As this quotation has said, 'I've told you, Ian, I'm not seeing anyone.' 'I'm not in love with anyone and I don't want to be. I just want to be left alone . . .' (Nicholls, 2009: 228).

The quotation is a conversation between Emma and Ian. Emma insists herself of loving Ian. However, Emma never succeeds to make it clear that she cannot

love anyone else but Dexter. In the conversation, Ian feels suspicious toward Emma because Emma wants to meet Dexter, he loves Emma, so that he asks Emma. He asks Emma that is she still making a relation with Dexter or not, but Emma denies it. What she has done by denial to Ian with saying that she does not want to meet anyone, and she also does want to love anyone, is a lie. Because, Emma still hopes of being with Dexter, she hopes of getting reply of what loves she throws to Dexter, and she hopes of knowing the information about Dexter right now. The Id is reflected to the way Emma wants to meet Dexter, it is a fact and cannot be argued. While, the Superego does not say that, Emma should not meet Dexter because of Ian's existence. For making the Ego keep walking to live, Emma finally decides to meet Dexter without informing Ian, the condition that can balance Emma's Ego.

Being forced and insisted of saying the truth by Ian, Emma finally utters the truth that she actually does not love Ian and she cannot love him although she has tried. What Emma has this feeling is caused by the unstoppable feeling of her to Dexter, she cannot forget Dexter although Emma often faces disappointment toward what Dexter has done on her. Either it is deliberately done by Dexter or not, Emma will always loves Dexter as what she feels when she meets Dexter for the first time at campus, and it is reflected on this quotation below,

'I know. I'm sorry.' She wraps her arms around his shoulder. 'Why can't you just love me? Why can't you just be in love with me? You were once, weren't you? In the beginning.' 'Course I was.' 'Well why can't you be in love with me again?' 'Oh Ian, I can't. I've tried, but I can't. I'm sorry. I am so, so sorry.' (Nicholls, 2019: 230).

Within the quotation above, between Emma and Ian, it can be inferred that Emma tries to love someone else, that is what the Id demands, but Emma keeps feeling uncomfortable with what she has done and this is the effect of not filling what the Id demands. Dexter is unforgettable love in her heart. Thus, Emma finally says the truth to Ian that she does not love him but Dexter. The more painful thing Ian gets is, he knows that Emma just makes him as an instance to make her forgets Dexter who has been with Sylvie.

Based on the short part of the facts above, it starts offending the relation between Emma and Ian, and Dexter and Sylvie. Their relations are not the relation sourced by the pure love, but there is another reason bases on it. Thus, it can be presumptive analysis, that either Emma or Dexter has defense mechanism that causes them separated and having each couple. Emma with Ian, and Dexter with Sylvie. The impact of the

defense mechanism now goes on the surface and clear briefly.

Several years pass, Emma finally meets again with Dexter at a marriage of Tilly, their friend when they are still at campus for study. There, Emma comes alone because she does not come with Ian. At the moment, she meets Dexter with Sylvie, there she knows that Sylvie is Dexter's fiancée.

Drowning in the disappointment, Dexter asks Emma to take a walk to make a little conversation, and Emma knows the fact from this conversation. As this below quotation shows,

'I'm engaged.' Emma blinked once, very slowly. 'Engaged to what?' 'To be married. To Sylvie.' 'You're pleased?' 'Pleased? I'm destroyed! But really, seriously, that's fantastic news.' 'You think so?' 'More than fantastic, it's, it's . . . rad! It's rad and sweet. It's old skool!' (Nicholls, 2009: 287).

It can be seen that when Emma hears about the news that Dexter will soon marry to Sylvie, Emma drowns down. She is disappointed and very sad, she wants to cry but she does not. She is stuck, she sees a dark side of her life in front of her, and what she can do just cover it and hide it as far as she can. The way she is sad shows that this is the best thing of her Ego to do, her Id wants to be with Dexter but she has to understand that she has moral, she has sane mind, she has the Superego that is opposite to the demanding of the Id to be with Dexter. Thus, the way she covers it belongs to reaction formation, and this defense mechanism finally does not change anything about them.

After years, Emma finally becomes a writer. It is what Emma has been desired. She becomes a famous writer in France. At the moment, Dexter is collapse, his career is ruined and collide. His marriage is also broken with Sylvie because he knows that Sylvie has an affair with someone else. Dexter goes to France and tries to meet Emma. Dexter tries to make Emma trusts him, which he wants to make serious relation with Emma. There, Dexter has thought that Emma is the only who understands him, no one is like Emma who loves him. Thus, Emma is the only one who Dexter trusts in.

Emma, who knows the life of Dexter that time, gives her sympathy to Dexter. At the first, she denies what Dexter asks because Emma has a relation with a French man. Then, Dexter realizes it, he does not want to make any efforts, and he walks away. Several steps are passed, they separate. After rethinking it for many times, Emma chases him and hugs him. It is the signs that Emma cannot handle herself again, she cannot

denies anymore, she still loves Dexter although Dexter is broken.

'Two months! I've been here two months, and I met Jean-Pierre a month ago.' 'And where did you meet him?' 'In a little bistro near here.' 'A little bistro. Right. How?' 'How?' '—did you meet him?' 'Well, um, I was having dinner by myself, reading a book, and this guy was with some friends and he asked me what I was reading . . . 'Well. Good for you, Em, that's really great.' (Nicholls, 2009: 340).

Dexter, before meeting Emma at France, actually has known that Emma will reject him. It is the reaction formation that Dexter does to make himself prepare for the rejection of Emma. It is also caused by the thing that Dexter knows that Emma has a relation with a French man, and he dislikes French man. Thus, Dexter cannot do anything but saying congratulation to Emma who has been successful and having a man from France.

Emma listens carefully to what Dexter says to him here, she listens to the whispers of her heart to listen what Dexter utters to her. In the bathroom while she takes a bath, she cries and rethinks carefully, there she finds a decision that she should listen to her heart rather than the realistic fact. The realistic fact is, Dexter is a broken man, he is a jobless, but it does not matter for Emma who chooses him rather than her boyfriend who is a musician.

'If you muck me about, Dexter.' 'I won't—' 'I mean it, if you lead me on or let me down or go behind my back, I will murder you. I swear to God, I will eat your heart.' 'I won't do that, Em.' 'You won't?' 'I swear, I won't.' And then she frowned, and shook her head, then put her arms around him once more, pressing her face into his shoulder, making a noise that sounded almost like rage. 'What's up?' he asked. 'Nothing. Oh, nothing. Just . . . ' She looked up at him. 'I thought I'd finally got rid of you.' 'I don't think you can,' he said. (Nicholls, 2009: 348).

At the end, Emma decides to live with Dexter. A man who is the fantasy of her, several years she finally has had it. It becomes the most beautiful moment of her, and it becomes the basic reason why Emma chooses Dexter rather than the French musician. Emma tries to say that she cannot forget Dexter, it has been for years for waiting until she reaches the edge of the frustration that being with Dexter is almost impossible and it is only a fantasy that will not be true. However, Dexter has realized by saying, '*I don't think you can.*'

Based on what Emma and Dexter have delivered, it can be taken a conclusion that they are doing defense mechanisms and the defense mechanisms are

influencing to their relation. Once, the defense mechanisms separate them until they have to face a fact that what relation they have is not basically from love, but something that is blurred by the defense mechanisms.

For instance, it can be predicted that if Emma and Dexter admit their feeling to each other, perhaps their love can be fulfilled each other and they will not be separated. Again, when Emma knows that Dexter has been engaged to Sylvie, it can be a different moment if Emma does not do reaction formation. It will be good part of Emma to say the truth, but the defense mechanism leads her to stay away from Dexter where Dexter himself does not know anything to what Emma saves in her heart because Emma covers it well by defense mechanism. It also happens to Dexter, if Dexter firstly admits to Emma that he loves Emma, it will be a moment for Dexter not to marry to another woman, and it also makes Emma does not live with a man she does not love, who is Ian.

At the end, when Dexter comes and asks Emma to be with him, Dexter does reaction formation, the reaction formation is to cover the realistic fact that Emma has a boyfriend who is a French musician. He must think that only a stupid girl who prefers to select a jobless man like him rather than a French musician who is a romantic one. However, the defense mechanism finally makes Emma sympathize and rethink, and finally she selects Dexter as a man who cannot be erased from her heart.

Based on the last part, where Emma and Dexter are finally together, and their love can be puzzled, it cannot be shown a fact that the last reaction formation Dexter has done gives also the impact to their relation. It can be imagined, if Dexter does not do the defense mechanism, it will not make Emma rethink, but the magic of the defense mechanism Dexter delivers to Emma becomes the thing that makes them finally together, and they love each other happily ever after.

It is right that the happy ever after does not exist, it is like a curse of them because when they live together and happy, Emma is struck by a car. And she dies in peace, after fulfilling her desire of having Dexter, in her hug, in her dream, forever, although it is afterlife.

## CONCLUSION

Based on the analysis of the data in the chapter three, it can be put something as the conclusion in this chapter. First of all, it is important to think again that defense mechanism is leashed with anxiety. The anxiety itself is sourced by the unconsciousness and consciousness where the id, the ego, and the superego play within human self.

Thus, the self represent the psychology aspect of ones, it is to classify the adaptability of the self to face any conflict or problem because there is no life with no problem. It also happens to a literary work where conflict, whether between the character and character, character and the setting, character with the character self, or anything, becomes the element of literary work, especially novel.

In a novel, there must be plots lay spreaded and structured that wait for being opened up by the flow of the story. Additionally, novel delivers something that is reflected by author's experience, while the author experience is not out of the phenomenon. Completely, it becomes factually clearance when psychology is related to a novel, where the characters live in, and no exception for David Nicholls' *One Day*.

In the story of David Nicholls' *One Day*, there is shown a beautiful conflict, conflicts that are caused by their own self. The psychology aspects that fight with the reality outside of the one, and it strikes the two main characters Dexter and Emma. Dexter loves Emma, so does Emma, but they have defense mechanisms that insist them not to be together

Defense mechanism, of course, becomes the important part here, as a game that plays the two main characters. Finally, what is common sense talks about defense mechanisms, really works on playing human's personality. That is what Dexter and Emma has experienced. Defense mechanism is not only a fact of psychology aspect that is caused by the anxiety or the imbalance among id, ego, and superego. Defense mechanism furthermore, becomes a new fact that can cause conflict someone, here particularly in the relation between Dexter and Emma in love.

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