

CHAPTER I

INTRODUCTION

1.1 Background

Literature is a term used to describe works that are usually written. Actually, created literature is not the entirety of the country of literature. Among the literary forms collectively referred to as literary works are poetry and novels. Literature, according to Bennet and Royle (2004), is a type of writing that frequently examines the weird in addition to the elements of experiences, perceptions, and feelings. One aspect of studying literature is looking at the literature on psychology. The term psychology, in its most basic sense, refers to the study of the mind and has Greek origins. Stated differently, the understanding and scientific aspect of things is referred to as logos. In other words, psychology is the study of human behavior.

The human psychology is a complicated and multifaceted structure, and people frequently turn to coping strategies in order to preserve equilibrium and stability when confronted with intense emotions. The defense mechanism is one such process that works to shield a person's psychological health and sense of self-worth from the detrimental impacts of stress, worry, and unpleasant emotions. There are several different types of defense mechanisms; these include the more developed and adaptive sublimation and humor, as well as the more immature and maladaptive denial and projection (Wang, 2022). These systems function without conscious awareness and are used by people of all ages, from young children to adults.

In fact, studies have demonstrated that stress enhances the use of defense mechanisms, and that incorrect or excessive activation of these systems might be linked to psychopathology (Hentschel et al., 2004). Defense systems and psychological health, however, have a complicated relationship because some defenses might be protective, while others can impede one's ability to advance personally. (In Cramer, 1998) Human psychology is a complex and multi-faceted structure, and people often turn to coping strategies to maintain balance and stability when faced with intense emotions. Defense mechanisms are one such process that works to protect one's psychological health and sense of self-worth from the adverse effects of stress, worry, and unpleasant emotions. There are several different types of defense mechanisms; these include sublimation and humor which are more developed and adaptive, and denial and projection which are more immature and maladaptive (Wang, 2022). This system functions unconsciously and is used by people of all ages, from young children to adults. Research has also identified a chronology of defense mechanism development, with more primitive defenses, such as denial and projection, typically emerging early in life, while more mature defenses, such as sublimation and humor, developing later in life (Cramer, 1991). This suggests that the ability to use adaptive defense mechanisms is a hallmark of psychological maturity and overall well-being (Cramer, 1998).

Furthermore, people with normal personalities can also employ defense mechanisms; they are not exclusive to those with psychopathology. When defensive mechanisms are used wisely, however, they can actually indicate sound psychological functioning since they help people cope with stress and negative

emotions without going overboard or turning to more unhealthy coping techniques. When someone is traumatized, their body and mind frequently turn to defense mechanisms to help them deal with the intense stress (Bonsteel, 2012). They use these defense mechanisms as unconsciously developed means of defending themselves against the distressing feelings and memories connected to the trauma. In reaction to trauma, common defense strategies include dissociation, denial, suppression, and avoidance. Through the use of these defense mechanisms, people are able to temporarily separate themselves from the powerful feelings and distress that are connected to a traumatic incident or experience by establishing a psychological distance from it. Dissociation is a way for people to separate from the here and now, and it can occasionally cause them to feel disconnected from their own body. This may offer a little reprieve from the intense feelings and experiences connected with. Luckiest girl alive is a the latest Netflix original, This psychological suspense drama film is based on a novel of similar title by Jessica Knoll. Starring Mila kunis as Ani aka Tiffani fanelli, A women with career as a successful writen in New York. For years he tried to build the perfect life for himself in the big city. The luckiest woman with trauma Tiffani has now become a woman with a perfect life by the name of Ani Fanelli. She works as a writer, prepares to be promoted to the New York Times, and marries an established man who loves her, Luke (Finn Wittrock). In the midst of various new success agendas in her life, Ani received an offer as a documentary resource person. A director is interested in raising the tragedy of the shooting at his old school, where he became one of the survivors of the incident when he was 14 years old. However, Ani has a greater

Inner child trauma that she is trying to avoid from her teenage years at the school. Tiffani Faneli in this story becomes a woman with perfect life but defense mechanism is a traumatic past. Not a victim with the trauma due to the tragedy of the school shooting, but a teenager who was sexually abused. Thoughts that bother her. Throughout his life, at every opportunity there appeared a trigger as subtle as anything. This film was successful in presenting Ani's character's trauma visually and narratively.

'Luckiest Girl Alive' is able to open up new angles in today's judgemental society. Even in women victims of sexual harassment. 'The victim' is synonymous with the image of a woman who looks weak, depressed, sluggish, and has a messy life. Even though a perfect and lucky woman like Ani is also inseparable if she is only kept harboured.

1.2 Limitation of the Problem

I limit the scope of this research to analyze of the main character, characterization, and defense mechanism in the movie script Luck Girl Alive.

1.3 Research Questions.

Based on the limitation of the limitation of the problem about, the research questions:

1. Who is the main character in the Luckiest Girl Alive?
2. How is the characterization of the main character?

3. How is defense mechanism on the main character in the Luckiest Girl Alive movie script?

1.4 Objective of the Research.

The goals of the study can be inferred from the research questions as follows:

1. To identify the main character.
2. To analyze the main characterization of the main character
3. To reveal the defense mechanism on the main character in the Luckiest girl Alive movie script?

