



**AN ANALYSIS OF DEFENSE MECHANISMS AND ANXIETY  
OF THE MAIN CHARACTER IN “BARBIE (2023)” MOVIE**

Undergraduate Thesis  
Submitted in partial fulfillment of requirements  
for the Sarjana Sastra (S.S)

**SALVINA AURELIA YASMIN  
202003516017**

**ENGLISH LITERATURE STUDY PROGRAM  
FACULTY OF LANGUAGES AND LITERATURE  
UNIVERSITAS NASIONAL  
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**2024**

## FORM OF APPROVAL

We hereby certify that MISS Salvina Aurelia Yasmin, a registered student of this university and having completed the writing of her Undergraduate Thesis in accordance with her requirements of the University, is declared ready for defense.

Title of Undergraduate Thesis:

An Analysis of Defense Mechanisms and Anxiety of the Main Character in “Barbie (2023)” Movie

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Advisor



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February 12<sup>th</sup>, 2024

February 12<sup>th</sup>, 2024

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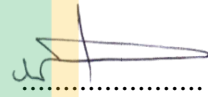
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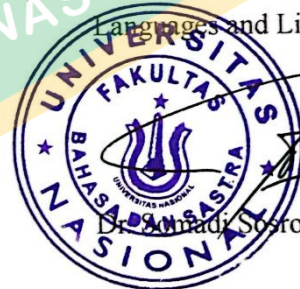
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declares that, apart from properly referenced quotations, this Undergraduate Thesis entitled:

An Analysis of Defense Mechanisms and Anxiety of the Main Character in “Barbie (2023)” Movie

is my own work and contains no plagiarism, it has not been submitted previously for any other assessed unit on this or other degree courses. I have read and understood the University Regulations on Conduct of Examinations.

Jakarta, February 29<sup>th</sup>, 2024



Salvina Aurelia Yasmin

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## ACKNOWLEDGEMENT

*Alhamdulillah* *rabil 'alamin*, the researcher expresses her highest gratitude to Allah S.W.T for blessing, love, opportunity, health, and mercy to complete this undergraduate thesis. This undergraduate thesis entitled “An Analysis of Defense Mechanisms and Anxiety of the Main Character in “Barbie (2023)” Movie” is submitted in partial fulfillment of the requirements for the Sarjana Sastra (S.S) at Faculty of Languages and Literature Universitas Nasional.

In arranging this thesis, a lot of people have provided motivation, advice, and support for the researcher. In this valuable chance, the researcher intended to express her gratitude and appreciation to:

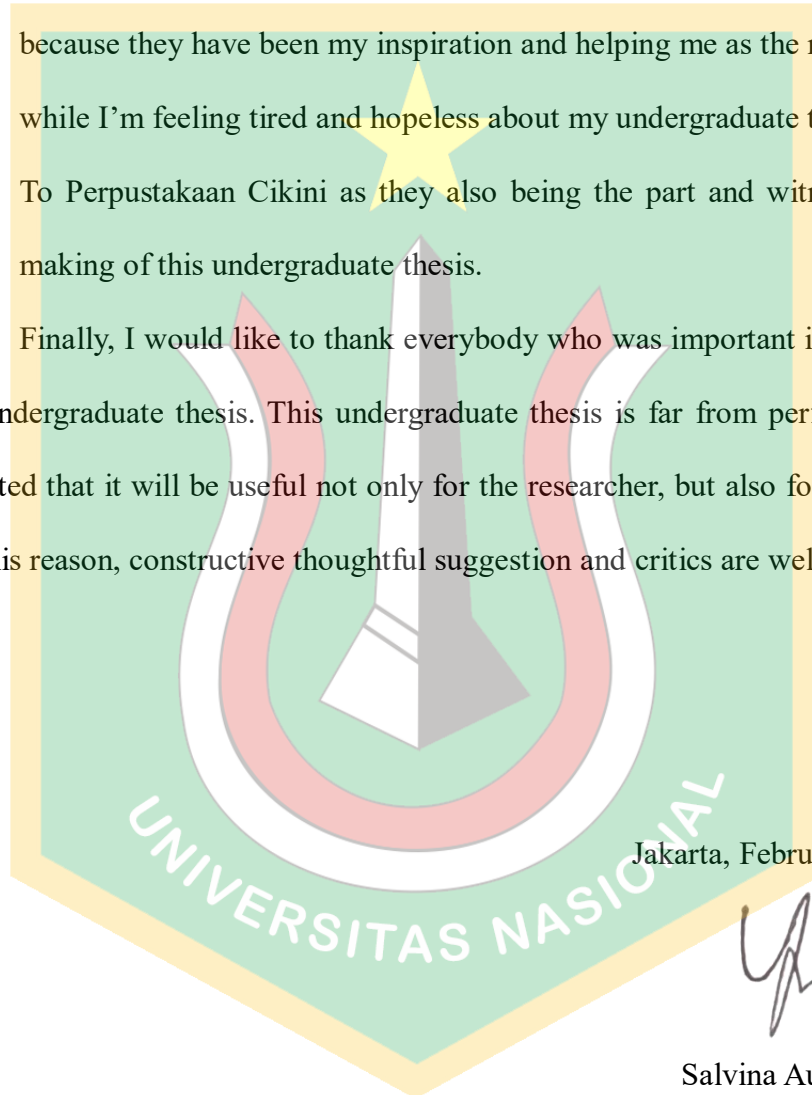
1. I would like to thank my mother for providing endless support and prayers during my preparation of my thesis, and also during my days in college.
2. My advisor, Mr. Ahmad Mustolih, S.S., M.A. for helping, guiding, and giving insight to me in completing this undergraduate thesis.
3. Dr. Siti Tuti Alawiyah, S.S., M.Hum, as the Head of English Study Program, for all the information to complete this undergraduate thesis.
4. All the staffs and lecturers of English Literature department, for all the information and knowledge during my study in Universitas Nasional.
5. My friends in college, especially Atul, Nadya, and Emily for being supportive and kind to me during my study in Universitas Nasional.

6. To all my internet friends in @collegemenfess on X for the help, answers, and support during my difficulties both in daily college life, and while working on my undergraduate thesis.

7. To BTS especially V, and NCT Dream especially Jeno, Jaemin, and Jisung because they have been my inspiration and helping me as the mood booster while I'm feeling tired and hopeless about my undergraduate thesis.

8. To Perpustakaan Cikini as they also being the part and witnessed in the making of this undergraduate thesis.

Finally, I would like to thank everybody who was important in completing this undergraduate thesis. This undergraduate thesis is far from perfect, but it is expected that it will be useful not only for the researcher, but also for the readers. For this reason, constructive thoughtful suggestion and critics are welcomed.



Jakarta, February 29<sup>th</sup> 2024

Salvina Aurelia Yasmin

## TABLE OF CONTENTS

<b>FORM OF APPROVAL</b> .....	<b>i</b>
<b>FORM OF RATIFICATION</b> .....	<b>ii</b>
<b>FORM OF PLAGIARISM STATEMENT</b> .....	<b>iii</b>
<b>ACKNOWLEDGEMENT</b> .....	<b>iv</b>
<b>TABLE OF CONTENTS</b> .....	<b>vi</b>
<b>ABSTRACT</b> .....	<b>ix</b>
<b>LIST OF FIGURES</b> .....	<b>x</b>
<b>CHAPTER I INTRODUCTION</b> .....	<b>1</b>
1.1 Background.....	1
1.2 Limitation of the Problem .....	4
1.3 Research Questions .....	5
1.4 Objectives of the Research .....	5
<b>CHAPTER II REVIEW OF RELATED LITERATURE AND THEORETICAL FRAMEWORK</b> .....	<b>6</b>
2.1 Review of Related Theories.....	6
2.1.1 Psychoanalytic Criticism .....	6
2.1.2 ID, Ego, and Superego .....	8
2.1.3 Anxiety.....	8
2.1.4 Defense Mechanisms .....	10
2.2 Previous Studies.....	12



2.3	Theoretical Framework .....	17
<b>CHAPTER III RESEARCH METHOD .....</b>		<b>18</b>
3.1	Research Approach.....	18
3.2	Data and Source of Data.....	19
3.3	Technique of Collecting Data .....	19
3.4	Technique of Analyzing Data .....	20
<b>CHAPTER IV DATA ANALYSIS .....</b>		<b>21</b>
4.1	Main Character's Defense Mechanisms .....	21
4.1.1	Denial.....	21
4.1.2	Reaction Formation .....	25
4.1.3	Displacement.....	28
4.1.4	Projection .....	30
4.1.5	Regression.....	32
4.1.6	Rationalization.....	34
4.2	Main Character's Anxiety.....	35
4.2.1	Realistic Anxiety .....	36
4.2.2	Moral Anxiety .....	49
4.3	Main Character's Core Issues of Anxiety.....	51
4.3.1	Fear of Intimacy .....	52
4.3.2	Fear of Abandonment .....	56
4.3.3	Low Self-Esteem .....	58
4.3.4	Insecure .....	61
<b>CHAPTER V CONCLUSION AND SUGGESTION .....</b>		<b>65</b>
5.1	Conclusion .....	65

5.2 Suggestion .....	66
<b>REFERENCES .....</b>	<b>67</b>
<b>CURRICULUM VITAE .....</b>	<b>70</b>



## ABSTRACT

The title of this research is An Analysis of Defense Mechanisms and Anxiety of the Main Character in “Barbie (2023)” Movie. This research aims to analyze main character’s psychological problems of anxiety, the core issues of anxiety, and self-defense mechanisms. This research uses Sigmund Freud's psychoanalytic theory and uses qualitative descriptive research methods. This research uses *Barbie* movie and movie script as the source of data. The results of the research reveal that the main character experiences anxiety in the form of moral anxiety and realistic anxiety caused by the sudden changes that occur in her life. The core issues found in the main character’s are fear of intimacy, fear of abandonment, insecure, and low self-esteem. Since the main character cannot handle her anxiety, she uses defense mechanisms namely, denial, projection, reaction formation, displacement, regression, and rationalization when facing the pressure of anxiety due to the changes in her life which becomes the main character’s biggest problem.

**Keyword:** *anxiety, core issues of anxiety, defense mechanisms, ID, ego, superego, film, Barbie*

## LIST OF FIGURES

<b>Figure 4.1 Barbie talk with the others about her bad morning</b> .....	21
<b>Figure 4.2 Barbie denying Weird Barbie's words</b> .....	22
<b>Figure 4.3 Barbie denying Sasha's mom words</b> .....	24
<b>Figure 4.4 Barbie getting ready for bed after the party</b> .....	25
<b>Figure 4.5 Barbie is unhappy because of Ken's presence</b> .....	26
<b>Figure 4.6 Barbie's crying after arguing with Sasha</b> .....	27
<b>Figure 4.7 Barbie talking to Mattel's bodyguards</b> .....	28
<b>Figure 4.8 Barbie kicking things around her</b> .....	29
<b>Figure 4.9 Barbie gets angry at Sasha's mom</b> .....	30
<b>Figure 4.10 Barbie is crying because of Sasha's words</b> .....	32
<b>Figure 4.11 Barbie cries because she was expelled</b> .....	33
<b>Figure 4.12 Barbie kicking things</b> .....	33
<b>Figure 4.13 Barbie felt awkward at the party</b> .....	34
<b>Figure 4.14 Barbie at the party</b> .....	36
<b>Figure 4.15 Barbie and the Barbies were shocked</b> .....	37
<b>Figure 4.16 Barbie's first encounter in the real world</b> .....	40
<b>Figure 4.17 Barbie and Ken are arrested by police</b> .....	42
<b>Figure 4.18 Barbie and Ken at Sasha's school</b> .....	43
<b>Figure 4.19 Barbie had an argument with Sasha</b> .....	44
<b>Figure 4.20 Barbie, Sasha, and Sasha's Mom in the Barbie Land</b> ....	46
<b>Figure 4.21 Barbie is getting ready with Sasha's mom</b> .....	48
<b>Figure 4.22 Barbie feels guilty in the car</b> .....	50
<b>Figure 4.23 Barbie is getting ready with Sasha's mom</b> .....	52
<b>Figure 4.24 Barbie talks to the others about her feet</b> .....	53
<b>Figure 4.25 Barbie's feeling breakdown</b> .....	54
<b>Figure 4.26 Barbie feels less confident</b> .....	55
<b>Figure 4.27 Barbie's anger towards Ken</b> .....	56
<b>Figure 4.28 Barbie is getting ready with Sasha's mom</b> .....	57

**Figure 4.29 Barbie gave up and resigned herself to the situation ..... 59**  
**Figure 4.30 Barbie feels less confident..... 60**  
**Figure 4.31 Barbie feels insecure of her body..... 61**  
**Figure 4.32 Barbie drinking tea with Ruth ..... 63**

