Defense Mechanism of the Main Character of *The Invisible Man* Film

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ABSTRACT

This study aimed to find out the types of anxiety and defense mechanisms experienced by the main character, Cecilia, in the film (*The Invisible Man*). The theory used is the theory of Sigmund Freud such as neurotic anxiety, moral anxiety and realistic anxiety, and defense mechanisms such as repression, sublimation, displacement, rationalization projection, reaction formation, denial, and fantasy. The data in this study were taken from the film *The Invisible Man* (2020) directed by Leigh Whennel. The results of this study found that the anxiety experienced by Cecilia, namely neurotic anxiety (fear unknown danger) and realistic anxiety (fear in face to face in real condition). Thus, the defense mechanism used in reducing anxiety by Cecilia is repression (represses mind to subconscious) and is followed by several other defense mechanisms, namely rationalization (more acceptable), fantasy (imagination), denial (denied accusations), and reaction formation (over protective). What can be underlined in this study is that in the invisible man film, Cecilia as the main character uses a defense mechanism, to reduce the anxiety she experiences.

Keywords: Anxiety, Defense Mechanism, *The Invisible Man*

ABSTRAK

Penelitian ini bertujuan untuk mengetahui jenis kecemasan dan mekanisme pertahanan yang dialami oleh tokoh utama, Cecilia, dalam film (The Invisible Man). Teori yang digunakan adalah teori Sigmund Freud seperti kecemasan neurotik, kecemasan moral dan kecemasan realistis, dan mekanisme pertahanan seperti repression, sublimation, displacement, projection rationalization, reaction formation, denial, dan fantasy. Data dalam penelitian ini diambil dari film The Invisible Man (2020) yang disutradarai oleh Leigh Whennel. Hasil penelitian ini menemukan bahwa kecemasan yang dialami oleh Cecilia yaitu kecemasan neurotik (takut akan bahaya yang tidak diketahui) dan kecemasan realistik (ketakutan secara langsung dalam kondisi nyata). Dengan demikian, mekanisme pertahanan yang digunakan Cecilia dalam meredam kecemasan adalah repression (menekan pikiran ke alam bawah sadar) dan diikuti beberapa mekanisme pertahanan lainnya, yaitu rationalization (lebih dapat diterima), fantasy (imajinasi), denial (menolak tuduhan), dan reaction formation (protektif yang berlebihan).

Yang dapat digaris bawahi dalam penelitian ini adalah bahwa dalam film invisible man, Cecilia sebagai tokoh utama menggunakan mekanisme pertahanan, untuk meredam kecemasan yang dialaminya.

Kata kunci *: Kecemasan, Mekanisme pertahanan, The Invisible Man.*

A. INTRODUCTION

Film and Literature are the artistic expressions of the human mind and communicate human experiences (Reams 2). A film is one of the literary works that can persuade and entertain people so they can enjoy their life. A film has many kinds of moral values and also some imitated from real human life. Anxiety is an unpleasant and sometimes painful experience. Methods of reducing anxiety are called defense mechanisms. According to Mash and Wolfe, Freud found that fear signals human danger. Just as fear calls for a Fight-or-attack defense, fear is a defensive cue. Defense mechanisms are therefore used to overcome fear. This is why fear is an individual problem. The defenses used to overcome fear vary from person to person. Thus, the factors that influence personality issues and overcome anxiety can be found in real life and in literary works.

The Invisible Man film is one of the literary works that will be analyzed by the author using the theory of Sigmund Freud, to analyze and to find out the defense mechanism of Cecilia, psychoanalysis can be used to identify the anxiety Cecilia experienced. The Invisible Man tells a story about Cecilia Kass as the main character. At the start of the story the main character in this film is an American female actress Elisabeth Moss, who plays Cecilia, who experiences abusive actions from her ex-boyfriend Adrian Griffin, played by British actor and model Oliver Jackson-Cohen. She had planned very well, to leave her ex-boyfriend's house, helped by her sister Emily, and live with his childhood friend James and his daughter Sidney. Then it was news that his ex-boyfriend Cecilia had committed suicide, and left a very large inheritance 5 million dollars, that's where Cecilia started being terrorized. Starting from a stove that enlarged itself, almost setting James' house on fire, after that seeing human footprints on the blanket, Cecilia's condition got worse and frustrated. Starting from missing job application portfolio sheets, being fought with her sister via email and slandering injured Sidney at home. Until finally he got fed up, and planned to trap the Invisible human. Even though Cecilia knew about it but she couldn't catch him, then after the Fight, Cecilia returned to her ex-boyfriend's house who was an optical scientist. Then she saw a suit with optical technology, which made the wearer is not visible. After that she hides the Invisible suit which she will eventually wear.

In this case the author also sees one of Miftahul's studies which examines the anxiety of Alan Turing who is one of the important figures in the second world war, in a film called imitation game, Alan Turing is a professor who tries to defeat the Nazi code with his machine to save people. others during World War II. In his thesis Miftahul said that Alan Turing experienced realistic anxiety, he really wanted to build a machine to beat the Nazi code, it took a long time to do it, meanwhile the Nazis killed people every minute. In addition, he also experienced neurotic anxiety because he was accused of being homosexual and worried that the machine would be destroyed. To overcome his anxiety, Alan Turing uses sublimation, namely by jogging to reduce his anxiety. In this study, researchers found a slightly different form

experienced by Cecilia, where Cecilia was able to carry out reaction formation actions, where in a state of anxiety and fear Cecilia was able to fight and become like another figure who was able to hide her fears, to fight her ex-boyfriend.

The researcher thought Cecilia's story was interesting to know more about. The researcher is eager to know what kinds of anxiety and defense mechanisms portrayed by someone who has lived a long life with the pressure that could turn her into a new character.

B. REVIEW OF RELATED LITERATURE
1. Film and Literature

Film is a series of moving pictures in its literal sense, the only movement that appears is because the human eye and brain are limited in their ability to capture multiple image changes within a few seconds, film is a more influential medium than other media, and it is an audio visually engaging medium, which is easy to remember and easy to convey to others. Film is a field of literature is proved by Klarer's statement, which states: "The written medium is the main concern of literary or textual studies, but this field of inquiry is also closely related to other mediums such as theater, painting, film, music, and even computer networks It can be concluded that film is a part of literature. Not only is it a reflection of human life, but the film also contains story-building elements such as those of literature. Therefore, the researcher chose The Invisible Man film as the object of the study because the film was also a part of literary works and fulfilled the qualifications of the literature itself. The researcher hopes to understand literature better.

2. Character and Characterization

A character is a person in a literary work that has a certain identity, an identity that is being formed from appearance, action, name, and the possibility of incoming thoughts head (Richard 127) There are two types of characters such as major and minor characters. The major character consists of protagonist and antagonist characters. The protagonist is the main character, around which the whole story revolves. The decisions made by this character will be influenced by conflicts from within, or externally through other characters, nature, technology, society, or destiny/God. Meanwhile, an antagonist is a character, or group of characters, that causes conflict for the protagonist. However, the antagonist can be the protagonist, torn apart by inner troubles. Antagonists can also be parts of nature, such as animals, weather, mountains, or lakes. If the conflict stems from something beyond the character's control, the antagonist is destiny or God. The minor character doesn't really take precedence and is usually only used to support the role of a major character.

Reams also divide two types of characterization, such as direct and indirect characterization. Direct characterization is when the author or narrator directly mentions the traits of the character in the story. The author or narrator did not need any element to send the information about the characters. They need to make it into fact or state in the story the information of the character is clearly informative and often uses a narrator, protagonist, or the characters themselves. Meanwhile, indirect characterization is a more subtle method of characterization that lets the reader decided what the story means. Indirect or implicit characterization uses the behavior, speech and appearance, and opinions of other characters.

While other characters can be used to make direct characterizations, they can also be used to make indirect characterizations of themselves. Indirect characterization is anything that is shown to the reader by another source.

Characterization can be conveniently separated into five primary categories, such as; (1) Physical description, (2) Actions, (3) Reactions, (4) Thoughts, and (5) Speech (Reams 4).

The first is a physical description. Physical appearance is the first step in determining the character of a person. Physical appearance such as to dress, appearance, and facial expressions, can determine the actual greeting of the person (8). The second is actions. It reveals who the person is. The character in the story takes action and reveals what the character is. An action can be defined as anything that a character does as a primary activity. A person's actions reflect a conscious or unconscious decision. An action is not directly stated; the reader must understand it. An action is an essential element in a story; it reveals what is happening in the story. Using action can develop the story and the character itself (9). The third is reactions. As Newton said, there is always a reaction from every action. That also applies to literature. A reaction serves to humanize a character. It is to make them relatable. A reaction plays a vital role in forming a story. If a reaction does not follow an action there will be something missing because, basically the reaction is helpful to enhance the story and character in the story. Action and reaction are two sides of the same coin (9) the fourth is thought. It is one of the varied characterizations. Not all stories allow the reader to enter the character's mind. Thus, readers cannot find any information about the traits of the character. Conversely, if the reader is allowed into a character's mind, it will increase the reader's understanding of the character. The last primary is the dialog of a character that brings much information about the traits. The way the character's speech can establish their traits. The ways they talk to the other characters establish how they feel and describe their origin, their relationship with the people they talk to, and even their educational background. Dialog, much like thought, allows an author to develop their character organically within the story (10).

3.   Anxiety

Anxiety is one of the psychological problems when the ego is too stressed/depressed for not being able to balance the demands of the id, ego, and the superego. The first is neurotic anxiety "Neurotic anxiety is defined as fear of unknown danger. The feeling itself exists in the ego, but it arises from the id impulses. They may experience neurotic anxiety in the presence of teachers, employers, or other authority figures. This is because they have previously experienced unconscious destructive feelings towards one or both of their parents. In childhood, these feelings of hostility are often accompanied by fear of punishment, and this fear generalizes to unconscious neurotic anxiety" (40). Thus it is a type of anxiety that is in the human ego, from the quote above we can define it as fear, losing control of rationality, or losing one's mind. An example: neurotic anxiety is a feeling of nervousness and fear when meeting important people.

The second is moral anxiety, born from the conflict between the ego and the superego. Moral anxiety is what we feel when threats come not from the external physical world, but from the internalized social world of the superego. It is another word that expresses emotions such as shame, guilt and fear of punishment. Feist states that moral anxiety is the result of a conflict

between real needs and the specifications of their superego. He gives examples of the consequences of sexual temptation when a child believes it is morally wrong to give in to temptation. It can also result from not consistently behaving in the way you believe is right. (40).

The last type of anxiety is realistic anxiety. This anxiety can be said like "fear" because realistic anxiety involves an actual threat to our physical safety (Boeree 7). As Feist states, realistic anxiety, the third category of fear, is closely related to fear. It is defined as an unpleasant, non-specific emotion with potential danger (40). While driving on a busy highway in an unfamiliar city, we may experience realistic fear, which is a situation full of real and objective danger. Differs from anxiety in that it does not involve a specific feared object, these three kinds of anxiety can be quick or hard to divide. They often arise in combination, such as neurotic anxiety and realistic anxiety arise at the same time. As anxiety is a signal of danger that may become, the ego has to protect the self from this anxiety. The ego has the job of reducing the pain of anxiety. Indeed, the ego uses defense mechanisms to reduce anxiety (Feist 40).

From the three anxieties above namely: neurotic, moral anxiety, and realistic anxiety. That anxiety is a confusing feeling, which comes from different sources, and this feeling of anxiety is very uncomfortable for humans, therefore this anxiety must be found in this study.

4.   Defense Mechanism

A defense mechanism is a response used to protect someone or something from attack. Freud discovered that fear signals danger to humans. Just as fear calls for defensive measures such as flight and attack, fear is a cue to protect yourself. The defense mechanisms used to overcome fear vary from person to person. Thus, the factors that influence personality issues and overcome anxiety can be found in real life and in literary works. The first is repression. Repression is one of the defense mechanisms. Repression works to rule out the inner conflict, problem, stress, or nightmare that causes anxiety. Repression's job is to press the anxiety under the conscious mind (Feist 41). Repression is where people prefer to think about good news rather than bad news, repression also occurs when anxiety cannot enter the conscious mind, but still affects an individual's behaviour

The second is sublimation. It's a defense mechanism that enables us to act upon unacceptable impulses by transforming them into more acceptable forms (Boeree 12) In this defense mechanism, the initial gravitational object is modified by a higher cultural purpose that is very different from the direct expression of its instincts. In sublimation, instinct becomes a new profitable channel. Here the ego does not have to adhere to constant output energy to prevent giving up.

The third is displacement. It's a defense mechanism that directs threatening or dangerous impulses at other helpless people (Feist 40). Displacement is the transfer of thoughts, feelings and impulses directed at one person or object to another means People often use displacement when they are not confident in expressing their feelings to the other person. Displacement occurs when a person is unable to let go of emotions such as anger. This defense mechanism forms and is eventually directed at another person, animal, or object unrelated to the situation.

The fourth is rationalization. Rationalization means looking at things in a different light, or offering alternative explanations for your perceptions and actions in the face of changing realities. According to Boeree, rationalization is the cognitive distortion of "facts" to reduce the threat of an event or stimulus. When making excuses, people often do it consciously. But for many people with sensitive egos, the excuse is too easy to really realize. In other words, many of us are willing to believe our lies (11).

The fifth is projection, this defense mechanism is defined as seeing unacceptable emotions and tendencies in others that exist in one's own unconscious (Feist 41). We all face undesirable situations and things, and we do not accept them leniently. According to Freud, projection involves the tendency to see one's unacceptable desires in others. We can say that the desires are still there, but they are no longer your desires (Boeree 9).

The sixth is reaction formation. It is a method of defense by taking the opposite action (Feist 40). Freud also said that response formation reduces anxiety by accepting opposing emotions, impulses, or actions. The ego protects itself from forbidden impulses by expressing opposing thoughts and actions (Anshori 5).

The seventh is denial. Denial involves blocking external events from conscious awareness. If there are too many situations, one refuses to experience them (Boeree 7). Denial is a kind of defense mechanism, resolutely renouncing external threats and assuming that danger does not exist. The individual consciously denies that the traumatic event or fact is socially unacceptable. The facts may be too harsh. Therefore, he wants to deny the truth. A person may deny that something terrible happened and brainwash themselves to get the terrible thing out of their minds. He can do this consciously, but he can do it unconsciously over time.

The last defense mechanism is fantasy when faced with many problems, sometimes someone finds a solution to enter the world of imagination. It is a solution based on fantasy rather than reality. The mind is active and imaginative in organizing its experiences, the act of imagination is called fantasy. It plays a powerful role in organizing your experience. This is because imagination allows people to change their desires, and thoughts that cannot be realized in real life (Anshori 2011:5).

C. RESEARCH METHOD

This research design uses a qualitative method. "Qualitative research concerns the opinions, experiences, and feelings of individuals producing subjective data. The researcher uses a psychological approach to analyze the anxiety and defense mechanisms found in The Invisible Man film. The research uses the primary data from the film The Invisible Man (2020) directed by Leigh Whannell, with a duration of (02:04:23). To collect the data, the researcher took several steps in collecting research data. First, the researcher watched the film. Second, the researcher collected data from the film with screenshots and wrote dialogues. Third, the researcher formulated data from the screen captures, and provided the duration codes. Fourth, the researcher classified the data based on the theory used and wrote down aspects related to the topic of defense mechanisms presented by the main character Cecilia. And the last step, the researcher embraced the result for analysis to answer the research questions.

Data analysis is selected and valid data according to the research problem. First, the data is selected by looking at data that is relevant, Second, the researcher interprets valid data and focuses on psychological theory, The last, analyze the dialogues and other actions.

D.   FINDINGS AND DISCUSSION

In this analysis, the researcher finds some of the anxiety possessed by Cecilia. Those anxieties were the data analyzed further by the researcher and portrayed through characterization theory. Based on the researcher's analysis about the types of anxiety experienced by Cecilia in The Invisible Man film by Leigh Whannell, it found only 2 of the 3 types of anxiety experienced by Cecilia's character in the invisible man film, namely neurotic anxiety and realistic anxiety, while moral anxiety, researchers did not found it in this film.

1.   TYPES OF ANXIETY
a.   Neurotic Anxiety

Neurotic anxiety is one of the forms of anxiety that the researcher finds in Cecilia's life. Neurotic anxiety exists when an individual is afraid to lose control. This kind of anxiety can be said to be the fear of being overwhelmed.

Data 1

JAMES	: Cee, how long have you been up?
CECILIA	: **A few hours.** **Can't sleep**.
JAMES	: Now, you know, if you close your eyes and lie down That usually helps. Um, don't think being tired gets you out of our little deal now. I swore to your sister I'd get you to step outside my house. Hey, Cee. He's not out there. I promise.
CECILIA	: **I'm sorry. I'm just…** **I'm not ready yet.**
JAMES.	: Hey, it's okay, Cee. That's the furthest you've gone since you've been here, okay? So, as far as I'm concerned, you just walked on the moon.

(The Invisible Man 00:11:23-00:13:01)

Cecilia started to get worried because someone was jogging past the road in front of James' house, then she ran back into the house full of fear, and told James that she was not ready to leave the house. From the situation above, it shows the emergence of neurotic anxiety in Cecilia, represented by indirect characterization of Cecilia's excessive fear shown in the action in the characterization theory, and there is also speech/dialogue which states Cecilia is still very afraid to leave the house, and supported by the action of Cecilia who ran scared into the house.

b.   Realistic Anxiety

Realistic anxiety is the last type of anxiety that the researcher finds in Cecilia. It arose when there was a danger that may threaten our physical safety. An example of the current anxiety;

Data 2

CECILA	: James! James! James! James!
JAMES	: Yeah, yeah, what? What-what happened? What happened? What?
CECILIA	: **I saw something right there, they were right there.** **There were footprints. I saw it!**
JAMES	: You-you saw… you saw footprints?
CECILIA	: **I saw it right there. I saw them.**
JAMES	: On the sheet?
CECILIA	: **I saw it. There is someone in here. There was someone in here**.
JAMES	: Syd, put that stupid thing away.
SYDNEY	: You're the one who bought it for me.
JAMES	: Who you gonna spray? Who?
CECILIA	: James, I saw it. I swear.
JAMES	: Hey, Cee. Adrian will haunt you if you let him. Don't let him Now, you should try and get some sleep. You have an important Job interview tomorrow and I don't want the memory of this Motherfu… that … this person to ruin it Okay?
CECILIA	: Okay, yeah. Sorry.

(The Invisible Man 00:34:42-00:35:56)

Cecilia was scared and suddenly shouted for help to James and pointed to something in data 5. She explained to James that she saw footprints. She insisted to James that someone was there. But James didn't believe it because no one was there. Cecilia kept pointing and saying that she had seen footprints on her sheet. From the scene above, we can see that for the first time, Cecilia felt terror in the face with the invisible human, Cecilia, who woke up because of the light from the cell phone camera, went to get her sheet back, then there were footprints that stepped on Cecilia's sheet, so she can't pull it off, the footsteps are getting closer, making Cecilia scream calling James to come soon, Cecilia's anxiety occurs when she is face to face with an invisible human, shown indirectly through dialogue, and Cecilia's action is shocked and screams.

2.   TYPES OF DEFENSE MECHANISM

Anxiety can be reduced by using defense mechanisms. It is one of the ways to cope with anxiety. The defense mechanism's goal is to reduce anxiety and make an individual feel safe again.

a. Repression

Repression works by pressing the anxiety under the conscious mind.

Data 3

CECILIA : It just doesn't make sense
He was… he was in… he was… in **complete control of everything**,
You know? Just… **including me, He controlled how I
looked and… What I wore and what I ate And then it was
controlling when I left the house and what I said. And
eventually, what I thought... And if.. if he didn't like
what he assumed**
I was thinking... He would...
JAMES : He'd what? He would... He would hit you?
CECILIA : **Amongst other things**.

(The Invisible Man 00:16:10-00:17:12)

Cecilia explained to James and Emily that all this time her ex-boyfriend controlled everything Cecilia did in the house they shared, such as small things starting from how she looked every day, what she wore, and what she ate, controlled Cecilia when she was outside the house like what he said or thought. In the incident that Cecilia recounted that made her leave her ex-boyfriend's house, Cecilia used a repression self-defense mechanism where at that time Cecilia suppressed her thoughts into the subconscious, so she could control herself not to get too stressed, the main thing is not to be beaten by Adrian's ex-boyfriend.

b. Rationalization

Rationalization puts something into a different light or offers a different explanation for one's perceptions or behavior in the face of a changing reality.

Data 4

CECILIA : I lost the bottle that night, and somehow,
it found its way back to me.
TOM : So, what exactly are you saying? You lost the bottle,
you found the bottle.
CECILIA : **He's not dead Tom.**
TOM : I have a pile of ashes in the box
that would disagree with you, Cecilia.
CECILIA : I don't know how he's done it. He's figure out, though.
He has figured out a way to be invisible

(The Invisible Man 00:41:21-00:41:55)

Rationalization places something on a different explanation for one's perceptions, or behavior in the face of rapidly changing situations. Cecilia tries various ways to convince the people around her that Adrian is actually still alive. He visits Tom, Adrian's younger brother, to

explain that Adrian faked his own death and used his optical skills to become invisible to torture him, but this idea is rejected by Tom.Cecilia tries to rationalize the events that terrorized her some time ago, such as a medicine bottle that suddenly found itself in her bathroom. Through conversation in dialogue, Cecilia consciously wanted to say that Adrian's death was a lie Cecilia indirectly used a rationalization defense mechanism.

c.   Fantasy

Fantasy means retreating into your imagination to escape stressful situations or achieve your unattainable goals.

Data 5

CECILIA   : So, why me, Adrian? You could have any woman you wanted.
                 That's the sad reality, right? And that's what money and power
                 buy you. People So.. Why me? I'm just a suburban girl who
                 stumbled into your life one night at the party.
                 Can you just forget I ever existed?
                 There is nothing left for you to take. You have already taken it all.
                 `   *(The Invisible Man 00:50:04-00:51:37)*

After several incidents that terrorized Cecilia, she sat in the house and sprinkled coffee on the floor, then Cecilia fantasized that it was as if Adrian's figure was in front of her. Cecilia asked why her, Cecilia spoke as if Adrian was listening, she used her imagination to cover up her anxiety because she was always being terrorized by the invisible human. She did this to give peace to her mind which continues to feel that only she can feel the presence of the invisible human. Through the data 5 conversation alone, that was carried out by Cecilia, it indirectly showed that her imagination was working and Cecilia also hoped that her ex would forget that they had ever met

d.   Denial

Denial involves blocking external events from awareness. If some situation is just too much to handle, the person just refuses to experience it (Boeree 7).

Data 6

CECILIA   : It's okay, Syd.
SYDNEY   : You-you know what I think we need? Umm.. I think we could
                 Kick Dad out and, have a little girls' night, eat some cake.
CECILIA   : Yeah.
SYDNEY   : I do like cake.
CECILIA   : Oh, my God. Sydney, are you okay?
SYDNEY   : Why would you just…stop! Stop! Dad!
CECILIA   : **What? No. No. Sydney, I didn't..**
SYDNEY   : Dad! Dad.

JAMES	: What? What-what…what happened? What happened?
SYDNEY	: Dad, she.. she hit me.
JAMES	: What?
CECILIA	: **No. No, no, no. James, I did not do that. Sydney I would never hit you. I love you. I would never do that, James. It was him. He's here, I swear to you**.
JAMES	: Enough. Enough Cee, Enough

(The Invisible Man 00:47:05-00:48:30)

Cecilia refused to admit she had hit Sydney, because at that time Cecilia was not the perpetrator of Sydney's beating. Cecilia refused to admit she had hit Sydney, because at that time Cecilia was not the perpetrator of Sydney's beating, in data 6 Cecilia tried to protect herself by denying the accusation. But James couldn't trust Cecilia for that moment, James immediately took Sydney away to a safer place. From the scene above, Cecilia denied that she was accused of hitting Sydney, so she insisted on rejecting what was said to her indirectly in the dialogue Cecilia used a denial defense mechanism.

e. Reaction Formation

Reaction formation is a method of defense by carrying out actions contrary to what is actually felt, excessive behavior, such as obsessive and compulsive behavior, as a sign of reaction formation, and one of the ways repressed impulses can come to consciousness is, acting in a way that is not appropriate with one's thoughts or feelings.

Data 7

| CECILIA | : **You won't get the baby. And you won't get me. There you are.** Fuck you! |

(The Invisible Man 01:26:32-01:26:56)

Cecilia planned something, to trick the invisible man, after meeting Tom, Cecilia accidentally dropped Tom's cellphone to divert Tom, so Cecilia could take the pen in front of him, which he kept to commit suicide, at that Cecilia deliberately wanted to kill herself even though she was actually just wanted the invisible man to appear in front of him because she knew that the invisible man or Adrian really wanted to have a baby from Cecilia, therefore Adrian didn't want Cecilia to get hurt, after Cecilia slashed her hand with a pen , finally invisible man appear and stabbed by that pen which caused his suit to be damaged so the invisible man quickly left, Cecilia's formation reaction was reflected in the dialog "You won't have the baby. And you won't get me" indirectly shown also through Cecilia's action.

3. DISCUSSION

Based on the analysis, Cecilia in The Invisible Man is a woman who experiences anxiety after being terrorized by her ex-boyfriend. As researchers stated before, anxiety is a complication of emotion; most of them are frightened. There are two types of anxiety that can

be found in Cecilia in The Invisible Man, namely neurotic anxiety and realistic anxiety. Anxiety can be reduced by using defense mechanisms. There are seven types of defense mechanisms such as (1) repression, (2) sublimation, (3) displacement, (4) rationalization, (5) projection, (6) reaction formation, and (7) denial. (8) Fantasy Cecilia uses five of the eight defense mechanisms to deal with her anxiety. The first type of defense mechanism Cecilia uses is repression. Repression worked by suppressing the anxiety of her subconscious mind so that Cecilia was able to survive when she was still living with her ex-boyfriend, The second type of defense mechanism that Cecilia employs is the rationalization where Cecilia used a rational defense mechanism when she felt that only she knew the whereabouts of the invisible human, Cecilia had bad things happen for a while, and when she went to Tom's residence, her statement about Adrian being alive was rejected by Tom, Then the third is fantasy, which was found in Cecilia when she couldn't see the invisible human, so she imagined that in front of her there was an invisible human so Cecilia kept talking as if she was talking to Adrian, Cecilia indirectly with the way he spoke to himself showed that he was imagining talking to the invisible man. Then the fourth is denial, Cecilia has several times been accused of harming other people, Cecilia consciously stated that she had absolutely no intention of hurting anyone, including Sydney when the two of them were chatting in the room, Sydney was suddenly hit by an invisible human, The last is formation reaction. This defense mechanism occurs when Cecilia starts to put up a fight by challenging the invisible man, while carrying a knife, even though he is in a state of anxiety and fear, because of this situation neurotic anxiety arises. Cecilia gave resistance by throwing the plate twice, this incident was a reaction formation which meant hiding feelings of anxiety and fear, and becoming someone who was able to fight back, even though after that Cecilia tried to run away from the invisible human.

Cecilia was possessed by neurotic and realistic anxiety, but the researcher did not find any moral anxiety. The anxiety that most often appears is neurotic anxiety, this anxiety appears three times, namely the first when Cecilia tries to leave James' house to pick up the mail, Cecilia immediately runs away when she hears the footsteps of people jogging past her house, the second anxiety is realistic anxiety, this anxiety was also found by researcher, namely, Cecilia was caught when she ran away from Adrian's house, and Adrian broke the glass of their car, here Cecilia screamed, then Emily immediately stepped on the gas pedal.

E.   CONCLUSION

Based on the explanation above, it can be said that Cecilia has experienced anxiety throughout her life. This anxiety makes Cecilia feel uncomfortable, so that action is needed to overcome it. Therefore, Cecilia uses defense mechanisms to relieve anxiety in order to feel safe and relieved again. After analyzing the data related to anxiety in the film The Invisible Man, researchers can conclude that Cecilia only has 2 out of 3 anxieties namely; Neurotic, and Realistic. There are only 5 from 8 types of self-defense mechanisms used by Cecilia, namely; Repression, Rationalization, Fantasy, Denial and Reaction Formation, she uses repression to keep her safe while living with her ex-boyfriend, so that she does not get violent actions, then she uses reaction formation, when she continues terrorized by ex-boyfriend, by using the reaction formation Cecilia was able to fight against the invisible human, even though inside she

was filled with fear and anxiety. Cecilia, who is the object of this research, has the same anxiety as humans in the real world, even though she is a fictional character. Therefore, the theory of psychological criticism is suitable for study because Cecilia reflected how experienced anxiety and defense mechanisms.

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