

MOSES' ANXIETY AND DEFENSE MECHANISM IN *EXODUS: GODS AND KINGS* MOVIE

Esternita Warkey^{1,*}, Surya Sili², Chris Asanti³

^{1,2,3}Department of English Literature, Faculty of Cultural Sciences,
Mulawarman University

*E-mail: e_nw@ymail.com

ABSTRACT

Anxiety is part of the defense mechanism. Defense mechanisms are psychological strategies unconsciously used to defend a person from anxiety arising from unacceptable thoughts or feelings. This study found the types of Moses' anxiety and investigate the defense mechanism that Moses employed in reducing his anxiety by employing Freud's concept as the main theory. The design of this research was qualitative research with content analysis as its approach. As the data, this study employed words including narrations and dialogues that were taken from *Exodus Gods and Kings'* movie script. This study showed that Moses character experienced three types of anxieties covering neurotic anxiety, moral anxiety, and realistic anxiety. Furthermore, Moses employed five types of the defense mechanism covering repression, formation, isolation, denial, and aggression. The conclusion of this research considered Moses character experienced neurotic anxiety when he identified a boy that represented as the authority figure who was punishing him. The moral anxiety experienced in four times, overall happened when he felt guilty and realistic anxiety experienced three times because he managed some threats from the outer world. Moreover, all these features of the defense mechanism used to cope with Moses's anxious feeling. The implication of this research provided another point of view in seeing *Exodus: Gods and Kings'* movie as the portrayal of the way how people can't suffer anxiety easily because anxious feeling happened from many factors and how people tried to use the defense mechanism to reduce anxiety.

Keywords: anxiety, defense mechanism, psychoanalysis

ABSTRAK

*Kecemasan merupakan bagian dari mekanisme pertahanan. Mekanisme pertahanan adalah strategi psikologis yang secara tidak sadar digunakan untuk melindungi seseorang dari kecemasan yang timbul dari pikiran atau perasaan yang tidak dapat diterima. Studi ini membahas tentang jenis-jenis kecemasan yang dialami oleh Musa dan mekanisme pertahanan yang digunakan Musa dalam mengurangi kecemasannya dengan menggunakan konsep Freud sebagai teori utama. Desain penelitian ini menggunakan penelitian kualitatif dengan pendekatan analisis isi. Sebagai data, penelitian ini menggunakan kata-kata termasuk narasi dan dialog yang diambil dari naskah film *Exodus: Gods and Kings*. Studi ini menunjukkan bahwa karakter Musa mengalami tiga jenis kecemasan yang meliputi kecemasan neurotik, kecemasan moral,*

dan kecemasan realistik. Selain itu, Musa juga menggunakan lima jenis mekanisme pertahanan yang meliputi represi, formasi, isolasi, penolakan, dan agresi. Dengan demikian, kesimpulan dari penelitian ini bahwa karakter Musa mengalami kecemasan neurotik ketika dia melihat seorang anak laki-laki yang diwakili sebagai tokoh otoritas yang menghukumnya. Kecemasan moral dialami empat kali, secara keseluruhan terjadi ketika dia merasa bersalah tentang situasi dan kecemasan realistik yang dialami tiga kali oleh karakter Musa karena dia mendapat beberapa ancaman dari dunia luar. Selain itu, semua fitur mekanisme pertahanan ini digunakan untuk mengatasi perasaan cemas yang dialami Musa. Implikasi dari penelitian ini memberikan pandangan lain dalam melihat film *Exodus: Gods and Kings* sebagai penggambaran bahwa setiap orang tidak dapat mengalami kecemasan dengan mudah, karena perasaan cemas terjadi karena banyak faktor dan bagaimana orang mencoba menggunakan mekanisme pertahanan untuk mengurangi kecemasan tersebut.

Kata Kunci: kecemasan, mekanisme pertahanan, psikoanalisis

A. INTRODUCTION

Anxiety is part of the defense mechanism. Anxieties generate worries, fear, Anxiety is part of the defense mechanism. Anxieties cause worries, fear, painful and delightful feelings. Therefore, people need demonstrating some mechanisms for self-adjustment to live happily named defense mechanisms. In psychoanalysis based on Freud's theory, defense mechanisms are psychological strategies unconsciously used to protect a person from anxiety arising from unacceptable thoughts or feelings by disorbing reality. The application of defense mechanisms was carried through several ways, for instance (1) repression (2) identification (3) denial (4) projection (5) displacement (6) rationalization (7) reaction formation (8) behavioral withdrawal (9) sublimation and (10) fantasy. Some of those defense mechanisms appeared in a movie entitled *Exodus Gods and Kings*. Moses in *Exodus Gods and Kings* movie retained some ways in how to cope his anxieties with the defense mechanism as the main character in the movie. Moses was described as an outstanding figure both Hebrew and Christians. He was dedicated to present as the hero of liberation and the lawgiver of Israel. He remained a leader who on occasion, was profoundly troubled by self-defense mechanism. Moses used the defense mechanism to protect himself against anxiety and tension. Put differently, psychoanalysis also explained about his defense mechanism that was unconscious strategies that used to reduce his anxiety by concealing its source from himself and others. The researcher found types of Moses' anxiety and defense mechanism that employed in reducing his anxiety by employing Freud's concept as the main theory. The theory of anxiety and defense mechanism are made use to answer the research questions in order to avoid bias that occurred to us. The qualitative research is very subjective.

B. THEORETICAL FRAMEWORK

1. PSYCHOANALYTIC APPROACH

Psychoanalytic theory was developed by Sigmund Freud. Freud believed that the driving forces for behavior were not all conscious. He equally divided consciousness into three levels: the conscious, the preconscious and the unconscious (Sdorow & Cheryl 202). He viewed the conscious mind as the awareness of feeling images, feelings, and sensations. The preconscious mind contained memories like unaware at the moment but could become aware at will. And the unconscious mind contained repressed feelings, memories and response tendencies.

1.1 Anxiety

According to Freud, anxiety is a signal to the ego that the danger is coming (Hall 47). It warns the ego to do something to prevent the danger from harming the ego. Anxiety produces pain, uncomfortable feelings that people would prefer not to bear it. The causes of anxiety could be categorized into four groups. Initially, it happens because of the loss of loved objects, which could be a person or things. Second, it happens because of the loss of the object's love. Third, it happens because of castration or genital injury. Last, it happens from the disapproval and punishment by the superego (in Sahakian 69). Therefore, Freud in Hall (48) proposed three types of anxiety as the following:

- a. Neurotic anxiety** is not considerably a fear of the instinct themselves as it is a fear of the punishment. This feeling is located in the ego part but the source comes from the id. This is part where the drive is being developed. The id is the unconscious reservoir of the libido, the psychic energy that fuels instincts and psychic processes. It is a selfish, childish, pleasure-oriented part of the personality with no ability to delay gratification (Kuiper 69).
- b. Moral anxiety** is the result of fear by violating moral or societal codes. It appears as guilt or shame (Wiyatmi 12). Moral anxiety is fear of negative self-evaluation from the conscience or superego. The anxiety may be felt as guilt or anxiety when people do something.
- c. Reality anxiety** is the fear of real dangers from the external world. It comes from internal or external threats in the environment. The level of anxiety is commensurate with the existing or anticipated threats.

1.2 Defense Mechanism

According to Freud, the significance of the defense mechanism is supporting people to overcome anxiety and prevent threats from the ego (Corey 12). The types of a defense mechanism were used by Moses are explained below:

- a. Repression** endures the way of ego remains and represses unwanted desires or anxiety within an unconscious mind. The one who used too much of repressions will become disordered or neurosis. Repression also as an unconscious process which shameful thoughts or frightening experiences are removed from awareness or forced below the level of consciousness. It comes from the process of the ego and superego dealing with the impulses of the id.

- b. Formation** hreatening impulses, impulse aspects of oneself to others. If people think that the most efficient offense is a good defense, many people will apply formation.
- c. Isolation** remains the process of mind to separate dangerous or unwanted feelings so that the mind will be empty.
- d. Projection** is the way that a person shifts the feelings or desires to another person.
- e. Denial** is refusing a fact, a realistic and unhappy perception by losing or changing that perception to fantasy or hallucination. Denial is omitting “the danger from the outside” by denying (Alwisol 34).
- f. Identification** is the imitation of the loved or respected person.
- g. Sublimation** remains the process to replace a person’s desires to be socially accepted. Freud claims that this mechanism is undangerous for anyone.
- h. Aggression** is when a person acts or fights against the feelings or situations immediately. It can be direct or indirect aggression. The character of this defense mechanism endures a way that a person believes about guilt or action and does something to solve the feelings.

2. PREVIOUS STUDIES

In this study, the researcher reviewed five previous research studies on anxiety and defense mechanisms. This review was hoped to proliferate enough insights to the readers or the researcher herself.

First was a book from Vailliant and McWilliams entitled “*Adaptation to Work: Ego Defenses of Women in Work*” (in Truhe 97). They suggest there are stimuli of defense. They mentioned the environment can cause stimuli for defensive responses and affect how they develop. Vailliant stated that the adaptive styles appear to affect childhood environment, and the environment affected the choice of adaptation. He also mentioned that the introjection process becomes part of child development. Williams added that defense arose through the cognitive process and can be learned by observation and reinforcement (19). The environment where an individual lived and nurtured in can shape their personality development

Second was a graduating paper entitled “*A Main Characters Analysis on Anxiety and Defense Mechanism in Bridge to Terabithia Novel*” by Nuraeni, 2010. This research explained about the characterization of the main characters; the caused of the main characters’ anxiety; and how they applied the defense mechanism as the way to reduce their anxiety. This research employed a qualitative method and applied Sigmund Freud’s psychoanalysis theory. At that time, the result of this research was Jessie and Leslie as the main characters suffered neurotic and moral anxiety. They used some defense mechanisms to overcome their anxious feeling like displacement, behavioral withdrawal, fantasy, denial, and sublimation.

Third, an analysis of defense mechanisms used by the main characters in “*Mark Twain’s the Adventures of Huckleberry Finn and The Prince and The Pauper*” created by Simma 2009. There had been some studies exploring Mark Twain’s *The Adventures of Huckleberry Finn* and *The Prince and the Pauper* in various aspects. Huck was considered to be one of the American legendary heroes. According to

Thomas M. Inge, he admired Huck as a hero. He claimed that Huck Finn remain a recent type of hero because he was far away from the civilized society. He was genuine in terms of heart and behavior. Moreover, there were many studies on Twain's novels. The defense mechanism had yet been unstudied in depth. The researcher hypothesized that some devices of the defense mechanism are employed by Huckleberry Finn and Prince Edward Tudor, the protagonists of the two selected novels.

Forth, Victor Frankenstein's anxiety and defense mechanism as depicted in "Mary Shelley's Frankenstein". This study did by Oktaviani in 2015. This study analyzed Victor Frankenstein, the main character in Mary Shelley's Frankenstein novel. His psychological condition experienced anxiety and defense mechanism could be analyzed through Freudian's psychology. Related to this case, this study aimed to reveal Victor Frankenstein's anxiety and how he coped with that by using the defense mechanism. This study employed the qualitative approach to reveal Victor Frankenstein's anxiety and defense mechanism as depicted in the novel. This study revealed that Victor Frankenstein experiences anxiety after he produced his creature. He experienced the reality anxiety because of his creature's appearance. The neurotic anxiety equally occurred to him because he ordinarily expected something dreadful to happen. And the last, moral anxiety occurred because of his guilty feeling for his family's death. To reduce these anxieties, he used repression, reaction formation and projection as tactics called defense mechanism.

The last obtain a graduating paper by M. Miftahul Jannah, 2016 entitled "*Anxiety and Defense Mechanism on Alan Turing in The Imitation Game movie.*" The general aimed of this research was to describe anxiety and defense mechanism of Alan Turing character. It obtained two objectives of study. They found the forms and factors of Alan Turing's anxiety, and to analyze Alan Turing's defense mechanism that cope with his anxiety in *The Imitation Game* movie. This research used psychoanalysis theory, especially the theory of anxiety and defense mechanism by Sigmund Freud. The method of this research was descriptive qualitative by conducting library research. It concluded that Alan uses some defense mechanism to cope his anxious, but he could not keep his sickness anymore because of his hormonal therapy. At that time he committed suicide.

C. RESEARCH METHOD

Qualitative research remained the form of this study design. In line with Bogdan & Steve (10), the qualitative study referred to research procedures that produce descriptive data like people's own written or spoken words and observable behaviors, the qualitative method allowed recognizing people personally to see as they are developing their definition of the word. So, this research concerned to describe and revealed Moses's anxiety and the defense mechanisms that described in *Exodus: Gods and Kings* movie as the main characters.

The researcher collected the data required in this study by watching the movie to get the thorough understanding of the stories and reading the movie's scripts while taking notes of the narrations and dialogues related with the two questions of this study. There were three steps performed during the analysis of data in this study. First, after the data had been collected, the researcher analyzed the anxiety of Moses as the main characters, according to Freud's theory. Second, the researcher found the defense mechanisms of Moses characters based on the way they got through his journey. Third, the researcher discussed the findings of this study to compare with the five previous studies that contained similarities and differences with the current study.

D. FINDINGS AND DISCUSSION

1. Findings

As the research had been conducted, it emerged that there were three stages identified of anxiety and five types of defense mechanism that a main character has to go through:

1.1. Moses' Anxiety

Anxiety warned the ego to do something to prevent the danger from harming the ego. The anxiety produced pain, uncomfortable feelings that people would prefer not to bear it. Based on Freud's theory, there were three types of anxiety (Hall 47). They were neurotic anxiety, moral anxiety, and reality anxiety.

a. Neurotic Anxiety

The first anxiety was neurotic anxiety. It happened once in Moses's character. It happened when Moses had an accident at the God Mountain, he was shearing the cows and then falling on the mountain. Then he woke up and saw the figure of the boy that he thought represents God. Ultimately, Moses was built up from his delusional and was frightened of what had happened. It showed on the dialogue below:

Data 1 (min. 57:44)

Zapora : You were hit on the head. Anything you saw...or think you saw afterwards...was an effect of that.

Moses : The storm...The storm started before I was hit on the head. It was not a storm.

Zhapora : Fine, fine. The storm was something.

Moses : It was something else.

Zapora : But the boy was all in your head.

Moses : How do you know? How do you know?

Zapora : Because God isn't a boy!

Based on the conversation above, between Moses and his wife Zapora concluded that Moses felt delusional and looked at the God who punished him. He spoke with a boy and thought that was God. The figure was considered a messenger from God. According to Freud (in Vauhkonen 65) divided neurotic anxiety into three different parts as (a) neurotic anxiety gained a fear due to internal and external factors (b) neurotic anxiety associated with a particular object that manifests like a phobia (c)

neurotic anxiety unrelated to dangerous factors from inside and outside. Neurotic anxiety that experienced by Moses was anxiety acquired because of the fearful internal and external factors and then manifests into fear. The most prominent symptoms of anxiety neurosis based on the above dialogue represented excessive fear, depression, feeling insecure, deep sadness, confusion, negative thinking, and aloofness. While the physical symptoms that Moses experienced were weakness and lack of fit, easily tired, lack of enthusiasm and trembling hands.

b. Moral Anxiety

It happened four times in Moses's character. The first moral anxiety was when he felt guilty to Ramses. It was shown in statement of Moses below:

Data 2 (min. 12:40)

Pharaoh: She said she couldn't see who would win.

Moses: The other one. "The leader will be saved..." and so on.

Pharaoh: You saved my son's life?

Moses: Yes.

When the Pharaoh told Moses and Ramses to head to the battlefield, he discovered a fortune-teller who stated that the leader would be saved. The leader was Ramses who would become King after Pharaoh died. When the war began, Ramses suffered several blows which caused him to fall and then Moses recovered him. Moses felt guilty because in the battle he saved Ramses because Ramses should have saved Moses. Based on the dialogue from data two, Moses experienced moral anxiety which was a symptom of feeling guilty over Ramses who was saved in the battle.

Furthermore, the dialogue from data 3 that demonstrates the moral anxiety of Moses was when the Pharaoh involved a post-war encounter and demanded an explanation of what was happening and what plans would be raised on the subsequent war. It showed on the dialogue below:

Data 3 (min. 14:36)

Moses: I'll go to see the Viceroy

Ramses: No. I'll go

Moses: It's beneath you

Ramses: It's beneath any general.

Moses: I'll do it. Ramses... can we forget what happened... on the battlefield?

Based on the dialogue above, it could be concluded that Moses felt guilty of Ramses and was willing to meet the Viceroy. Ramses was ordered by the Pharaoh to meet the Viceroy as a form of learning but Moses felt guilty and willing to meet the Viceroy. This condition was following the opinion of Freud (in Luban 186) that guilt accompanied moral anxiety. It could be stated that caused anxiety remains the individual's heart. Freud said the superego can give a reasonable replied because of violations of moral rules.

Furthermore, on data 4, Moses' moral anxiety experienced when the messenger sent a disaster in stages towards Ramses's power. Initially, Moses felt

fascinated by what the messenger did to the kingdom of Ramses, but gradually he felt depressed and anxious about what happened. It showed on the data below:

Data 4 (min. 01:38:17)

Boy: What were you about to say? Cruel? Inhumane?

Moses: It's not easy to see... the people who I grew up with, suffering this much.

Boy: What about the people you didn't grow up, with? What thought did you give to them?

Moses was anxious to see people who had lived with him suffer. He tried talking with the messenger to stop this disaster, but the messenger did not have the same understanding. Data 4 above shown that Moses felt guilty about many casualties. God executed a disaster to Ramses and his people, in an instant the area was a disaster. This condition was following the opinion of Freud (in Luban 186) that guilt accompanies moral anxiety. This anxiety was the result of a conflict between the Id and the superego. Essentially, it was a fear of one's conscience. When an individual was inspired to express instinctual impulses that are contrary to moral values referred to in the individual superego then he will feel ashamed or guilty.

The last moral anxiety was when Moses and his followers followed a message from God that he had to head Canaan to save himself and his followers from Ramses's power which gradually began to collapse. It showed on Moses's statement below:

Data 5 (min. 01:58:20)

Aaron: we have to rest.

Moses: I have misled all of them. I have abandoned my family. I have failed you. I'm not what I thought I was.

Moses experienced ruined direction to bear his peoples to Canaan. When heading to Canaan, there is a sea that they must pass and Moses was desperate to discover the way to Canaan. This condition also appropriate with the opinion of Freud that guilt accompany moral anxiety. This anxiety is the result of a conflict between the Id and the superego.

c. Reality Anxiety

It happened three times. First condition when Moses frightened to Ramses, because Ramses will kill him. In this context, Moses is as the real danger from the outer world.

Data 6 (min.11:15)

Moses: Take Ramses! Go!

The situation where Ramses was practically killed. Ramses was almost hit by a horse when he tried taking his sword and Moses tried to fight all the enemies who wanted to attack Ramses. Based on the dialogue from data 6 shown the condition is real that causes anxiety for Moses. This was in line with the statement from Freud that an anxiety that comes from the fear of threatening dangers in the concrete world. This anxiety conducted us to behave how to deal with danger called realistic anxiety.

Second condition when Ramses received the news from the Viceroy that Moses was Miriam's brother was Hebrew. This situation made Moses worried about Miriam's safety.

Data 7 (min. 36:17)

Ramses: I apologize for what happens next. Are you his sister?

Miriam: No.

Moses: Yes! Yes!

Data 8 (min. 02:08:30)

Khyan: There.

Moses: Joshua! Aaron! Run! Everyone, run!

Based on data 7 and 8, Moses tried to block the troops from Ramses' troops were getting closer to attacking the Hebrews. Moses gave orders to run instantly to the rock. This anxiety, that came from the fear of threatening dangers in the real world. This kind of anxiety was like fear of truth. This anxiety led us to behave how to deal with danger. Not infrequently the fear that comes from this reality becomes acute. One can be terribly frightened of the reality that has happened.

1.2. Moses' Defense Mechanism

According to Freud, the significance of the defense mechanism was helping people to overcome anxiety and prevented threats from the ego (Corey 12). The types of defense mechanism which used by Moses are explained below:

a. Repression

The condition based on this defense mechanism when Moses was holding himself back because Ramses would injure Miriam's hand to confess that he remained a Hebrew.

Data 1 (min. 35:23)

Moses: Ramses... don't take this any further.

Ramses: Don't take this any further, or what?

Moses: Do not take this any further.

Ramses: Are you quite sure about that?

Based on the data 1 above, the condition that appropriate to this defense mechanism when Moses was holding himself back because Ramses would injure Miriam's hand to confess he remained a Hebrew. Ramses tried to injure Miriam's hand to achieve recognition that Moses befall the younger brother of Miriam. If it was associated with the concept of repression from Freud which stated that repression was the most basic self-defense mechanism and was shown in the form of concealing feelings of anxiety, threatening, unwanted wishes, and disturbing desires to the subconscious. In data 1, it showed an anxiety was in line with Moses' expectation that Ramses would dare to injure Miriam's hand. This turmoil must be removed so that Moses did not come into existence because repression could appear throughout life.

According to Freud, three things occurred after someone suppresses the traumatic event to the subconscious. First, the conscious and suppressed were unchanged. Second, consciousness in a variant from the subconscious. This essentially developed acuter anxiety and was problematic to control by those who

experienced it. Ultimately, the person would dissolve in his own anxiety. Third, the pressures and desires that suppressed were expressed in other forms. If left unchecked, this repression would be harmful to one's mental health (Feist 7).

b. Formation

Formation is attributing a threatening urge, impulse of aspect of oneself to someone else. If people think that the best offense is a good defense, people used formation a lot. It shown on the dialogue below:

Data 2 (min. 12:07)

Pharaoh: Moses. What happened out there?

Moses: Nothing.

Pharaoh: I asked the commanders the same thing. They, too, lied.

From the dialog above, it could be concluded that the situation that occurred was Moses hid his feelings about the situation that has occurred at battlefield to Pharaoh. Because it was supposed to be Ramses who fought and won the war. Similarly, with commanders hiding something from Pharaoh. Analysis of data 2 above was in accordance with the concept of Freud that people reacted to formations. People defended themselves by behaving in the opposite way to what they want to did because they felt what others can threaten their identity.

Furthermore, formation happened in dialogue when Moses tried to hide the motive about the Hebrew's spies that had been delivered by Viceroy to Ramses

Data 3 (min. 33:11)

Ramses: he admitted that they were Hebrew spies. You know what I'm talking about.

Moses: Yes.

Ramses: And what do you make of it?

Moses: I think it's offensive, and I think it's ridiculous.

Based on data 3, Moses used formation as his defense mechanism based on Freud's theory. He reacted to formations to defend himself by behaving in the opposite way to what he wanted to do because he felt others can threaten his identity. The impact of formation reactions was a natural thing for someone to feel. For people who made formation reactions, they will feel safe and accepted by those around them. However, on the other hand, people around him did not know the real side of him. It gave good or bad effects. In fact, formation reactions need good management so as not to bring about other undesirable effects.

c. Isolation

It is the process of mind to separate dangerous or unwanted feelings so that the mind will be empty. The features of this defense mechanism shown on the dialogue below:

Data 4 (min. 42:49)

Moses : I have nothing to steal. My horse is dead.

Two guys : We're not here for your horse, Moshe.

According on the data 4, isolation happened when Moses feeling isolated from the prior environment. Moses began to walk in search of his identity and found himself cold and his horse dead. Then came two young men who want to attack him. However, Moses did not confront the two guys with emotion and accept the conditions after being expelled by Ramses so that it could be said that the situation was in accordance with the theory of Freud which stated that isolation is the way of avoiding unacceptable feelings by releasing from situations that should be bound to, repressing and reacting to those situations without emotion.

d. Denial

In this stage, Moses tried to deny Nun's statement that he was a Hebrew. It shown on the dialogue below:

Data 5 (min.25:36)

Nun : You are Hebrew.

Moses: The truth? The truth is, it's not even that good a story.

Data 5 indicated that situatioan of denial happened when Moses summoned some slaves to interrogate but one of the slaves named Nun who was a Hebrew leader. He was inspired that Moses was the one who would save his people from Ramses's disaster. After that, Nun introduced himself and told Moses that he was also a Hebrew. Moses denied the fact because Moses knew he was the biological child of Bhitiah and grew up with Ramses. This situation is in accordance with Freud's concept which stated that denial is an ego defense mechanism deby situations that make it uncomfortable or cause anxiety. Another examples of denial features from defense mechanism shpwnon the data 6 below:

Data 6 (min. 01:02:44)

Zapora: What kind of God tells a man... to leave his family? If you understand it, I'll understand it.

Moses: I don't. So, I can't answer that question.

Zapora: If that's what faith means, I will trade mine...

This situation happened when Zapora asked Moses to answer which God hinted to abandon his family. However, Moses was unable to answer the question. It means that Moses used denial as his defense mechanism. If in certain situations this condition is too heavy to overcome, Moses just needs to refuse to answer the Zapora's question. On the other hand, this method was the most primitive and dangerous way, because no one was forever able to run from the reality. Denial is usually combined with other forms of stronger defense mechanisms.

e. Aggression

The character of this defense mechanism is a way that a person thinks about guilt or action and do something in order to solve the feelings. It shown on the dialogue below:

Data 7 (min. 25:46)

Moses: And I thought you people were meant to be... good storytellers.

Peoples: You, slave. You!

Moses killed the two guys

This self-defense was done by Moses after listened to Nun's explanation about the Hebrew, then he heard the shouting of "slave" who made him angry and did aggressive actions such as killed the two men to cover up his weaknesses. In line with Freud's theory that the view of aggressive is not related to instincts, but is determined by external conditions, where these conditions will lead to a strong urge for someone to trigger the emergence of aggressive behavior.

2. Discussion

Based on the findings above, there were some anxieties and defense mechanisms shown by Moses as the main character of Exodus Gods and Kings movie. Moses was a dependent hero character due to his natural trait as the leader. This fact was being portrayed several times during his journey as a leader. Since at the beginning of the movie, this movie illustrates the dynamic of leadership and the responses of Moses' leadership contests. The result in this study posed similarities and differences with the five previous studies.

First, compared this research with the book under the title "*Adaptation to Work: Ego Defenses of Women in Work*", this study mentioned the environment can cause defensive responses and make an affect how peoples developed in the environment. It affected childhood environment and the environment affected the choice of adaptation. It also mentioned the introjected process became part of child development. The defense also arose through the cognitive process and could be learned by observation and reinforcement. The environment where an individual lived and nurturer in can shape their personality development. However, the focus and result of Ego Defenses of Women in Work and the current study were different. This study concerned on discussing the term ego defenses based on woman figures. On the other hand, the focus of the current study was finding out the anxiety and defense mechanism shown by Moses as the main character in Exodus Gods and Kings movie. As a result, the current study found that Moses uses all the types of anxiety and uses six defense mechanisms to reduce his anxiety.

Second, compared this study with the thesis under the title "*A Main Characters Analysis on Anxiety and Defense Mechanism in Bridge to Terabithia Novel*", this research found that the both of Jesse Aarons and Leslie Burke, possessed two kinds of anxiety, they were neurotic anxiety and moral anxiety. His neurotic anxiety could be identified from his anxious thoughts and panic reaction. It came from his fear that something harmful was going to happen. It was his inner fear that threatened him while the reality had not happened right now. He habitually negatively believed something and it would bear him harm. Jesse's moral anxiety comes from the conflict between his desires and his moral values. The conflict caused guilty feelings because he felt guilty and believes something contrary to the moral code in society. Jesse's moral anxiety was equally coming from his past in which he had done something that made him got scolded by his father and he was afraid that he would perform again and received punishment. On the other hand, another main character is Leslie Burke. Leslie suffered neurotic anxiety. Leslie's neurotic anxiety can be imagined from her needs that cannot be fulfilled. Neurotic anxiety was the anxiety that came from the conflict between the id and ego. It means that Leslie's id desired

something that cannot be gratified by her ego. Therefore, she suffered from neurotic anxiety. To distort her anxiety, she used fantasy as her defense mechanism. They used some defense mechanisms to overcome their anxious feeling like displacement, behavioral withdrawal, fantasy, denial, and sublimation. The result posed more differences than its similarity. The differences were: (1) Jessie and Leslie employed two types of anxiety they were neurotic and moral anxiety, while the current study employed all the types of anxiety; (2) the defense mechanism was hence different, the previously used displacement, behavioral withdrawal, fantasy, denial, and sublimation the current study used repression, formation, isolation, denial, identification and aggression. The current study also focused on finding Moses' defense mechanism to reduce his anxiety.

Third, the current study also posed similarity and differences with the study titled *"An Analysis of Defense Mechanisms used by the Main Characters in Mark Twain's the Adventures of Huckleberry Finn and The Prince and The Pauper"*. The study disclosed that both Huckleberry Finn and Edward Tudor used repression, suppression and rationalization because they suffered realistic and moral anxiety. Their anxiety was from family background and society. Their families did not fulfill their desires which bore them to suffer anxiety. Huck desired for parental love, safety, and freedom while Edward desired for parental love, freedom, and companion. In addition, the society desired them to follow a social norm which was against their desires. Both Huck and Edward suppressed their anxiety to overcome these situations. Ultimately, Huck and Edward employed rationalization when they experienced conflicts and had to make a decision. Huck provided plausible reasons when he decided to aid Jim to reach freedom. Edward provided plausible reasons when he had to enjoy uncomplicated life, made friend with the calf and performed housework. The study revealed that Huck and Edward's defense mechanisms were related to their self-adjustment. They could live peacefully in the society because defense mechanisms helped reduce their anxiety. The two characters felt better and more relaxed. Significantly, defense mechanisms accompanied the characters to experience modern things and current people and helped Huck and Edward to achieve their maturity. The result posed more similarities than its differences. The similarities were: (1) both of the studies use Freud's theory and Anna Freud, the adolescent daughter of Freud; (2) the aspect of anxieties. However, the previous study employed two types of anxieties realistic and moral anxiety. At that time, the defense mechanism was therefore different, the previous used repression, suppression and rationalization. For, the current study used repression, formation, isolation, denial, identification, and aggression.

Forth, compared this study with the thesis under the title *"Victor Frankenstein's Anxiety and Defense Mechanism as Depicted in Mary Shelley's Frankenstein"*. This study analyzed Victor Frankenstein, the main character in Mary Shelley's Frankenstein novel. His psychological condition experienced anxiety and defense mechanism can be analyzed through Freudian's theory. Related to this case, this study aimed to reveal Victor Frankenstein's anxiety and how he used the defense mechanism. This study revealed that Victor Frankenstein experienced anxiety after he produced his creature. He experienced reality anxiety because of his

creature's appearance. The neurotic anxiety equally occurred to him because he ordinarily expected something dreadful to happen. And the last, moral anxiety occurred because of his guilty feeling for his family's death. To reduce these anxieties, he used repression, reaction formation, and projection. The result posed more similarities than its differences. The similarities were: (1) both of the studies used Freud's theory; (2) the indicator of anxieties happened in same reason; (3) the previous and current study focused on finding how the defense mechanism reduces anxiety. However, the previous study employed two types of anxieties, and the defense mechanism was hence different, the previously used repression, reaction formation, and projection. For, the current study used repression, formation, isolation, denial, identification, and aggression.

Lastly, the study of Alan Turing entitled "*Anxiety and Defense Mechanism on Alan Turing in The Imitation Game Movie*", the study aimed to describe anxiety and defense mechanism of Alan Turing character. It obtained two objectives of the study. They found the forms and factors of Alan Turing's anxiety and to analyze Alan Turing's defense mechanism that coped with his anxiety in *The Imitation Game* movie. This research used psychoanalysis theory by Sigmund Freud. The result showed Alan used some defense mechanism to cope with his anxious, but he could not keep his sickness anymore because of his hormonal therapy. At that time he committed suicide. The prior research above was analyzed the same theory as the current research about anxiety and defense mechanism. But the prior research found the factors of Alan's anxiety, in this current research just found types of anxiety and how Moses reduced it by using the defense mechanism.

However, this research revealed that Moses experienced anxiety after he recognized the fact that he remained a Hebrew. He experienced the neurotic anxiety because he ordinarily expected something dreadful to happen. And for moral anxiety occurred because of his guilty feeling for Ramses, his family and his followers. The last, he experienced reality anxiety because he felt was commensurate with the existing or anticipated threats from Ramses. To reduce these anxieties, he used repression, formation, isolation, denial, and aggression as tactics called defense mechanism.

E. CONCLUSIONS

Based on the finding, it could be recognized that Moses suffered an anxious feeling in his life. He experienced all types of anxieties. The first anxiety was neurotic anxiety that happened once. The second anxiety was moral anxiety. In this movie, it happened four times in Moses's character. The last type of anxiety that occurred in this movie was realistic anxiety. It is experienced by Moses three times. In addition, to cope Moses's anxious feeling, he used some defense mechanisms. He applied five defense mechanisms. They were repression, formation, isolation, denial, and aggression.

Finally, this research concluded that not all people can suffer anxiety easily, because anxious feeling happened from many factors. If people developed a little problem, it is challenging to their suffering anxious feeling fast. On the contrary,

people can suffer anxious feeling if they developed many problems in their life. These could be regarded by Moses's character and his journey. Moses developed many problems in his life so that he suffered anxious feeling easier than others.

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