

# Defense Mechanism as a Strategy to Overcome Jacob's Anxiety in William Landay's *Defending Jacob*

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## Abstract

Defense mechanism is a strategy or effort developed by the ego to dispel unpleasant feelings caused by anxiety so that unpleasant feelings and experiences feel better. The purpose of the study are to reveal the type of anxiety experienced by Jacob Barber in William Landay's *Defending Jacob* and discover how defense mechanisms work to overcome this anxiety. The method used in this study is qualitative by applying Sigmund Freud's anxiety and defense mechanism theory in a psychoanalytic approach. The data in this study are in the form of phrases, sentences, and dialogues contained in the novel *Defending Jacob* written by William Landay. The results of this study indicate that there are three types of anxiety experienced by Jacob Barber. They are neurotic, moral, and realistic anxiety. In order to overcome these anxiety, Jacob Barber uses five types of defense mechanisms, namely denial, projection, displacement, rationalization, and reaction formation. The types of defense mechanisms that are most often used to overcome the anxiety that arise in Jacob Barber are projection and displacement.

**Keywords:** defense mechanism, anxiety, psychoanalysis

## Introduction

Anxiety is a common condition experienced by human which is a normal reaction to situations that affect an individual's life. Temporary anxiety is still considered normal because it is a response to a situation that makes an individual feel uncomfortable and depressed. But anxiety turns into an abnormal thing when the feeling occurs repeatedly. Anxiety has become a thorny issue in almost all over the world. Baker says that 5.9% of people in England have generalized anxiety disorder. This percentage is the highest compared to the percentage of other common mental disorders (Baker, 2020). To relieve or eliminate this anxiety, individuals often resort to various methods. Psychological method that is often used is defense mechanism. One well-known figure named Sigmund Freud sparked his thoughts on psychoanalytic theory related to defense mechanisms which is a method for humans to fight their anxiety (Freud in Boeree, 2006).

Anxiety is an appropriate response to threats and it can become abnormal if the level is not in accordance with the portion of the threat or comes without a specific cause (Nevid et al., 2021). Spielberger defines anxiety as a form of emotion based on symbols, alertness, and uncertain elements. Furthermore, it is explained that the concept of threat is an assessment from others that is negative so that it threatens the individual's self (Spielberger, 2014). Meanwhile, according to Drever, anxiety is a form or emotional state that is complex and chronic which is dominated by fear and is characterized by

various nervous system disorders and mental disorders (Drever, 1983). Freud adds anxiety is an effective situation that makes a person unable to go out and remember someone about the danger that lurks, which is followed by physical sensations (S. Freud & Sprott, 2013). This emotional condition has impacts in the form of a response to the human body. Gail W. Stuart divides anxiety in behavioral, cognitive, and affective responses, among others (Stuart, 2014). According to Mayo Clinic, there are several factors that cause anxiety such as stress buildup, personality and others (Mayoclinic, 2018). The emergence of anxiety depends on the experience or problems faced by the individual and his physical condition. Freud divided anxiety into three types, they are neurotic anxiety, moral anxiety, and realistic anxiety (Freud in Feist et al., 2018). Anxiety can bring some impacts on life and lead to people with anxiety disorders making it difficult to carry out daily activities and work. A study conducted by Van Ameringen, et al. shows that some students who have anxiety disorder have problems in academics such as underachieving and social phobia (Van Ameringen et al., 2003). Another study conducted by Bilgiç et al. added that anxiety disorders can also be a risk factor for suicide in adolescents (Bilgiç et al., 2017).

Defense mechanism arises when the individual experiences anxiety and unable to cope with the anxiety. It is known that anxiety is different with fear. Freud stated that anxiety is a fear without an object. People often cannot explain the object or source that causes their fear (Freud in Schultz, 2009). As a result, they will feel uneasy and uncomfortable and will instinctively create self-defense mechanisms to fight or simply relieve the feeling of anxiety. It is in accordance with Freud's theory which stated that defense mechanism used to block the impulse from reaching the conscious mind in the form of behavior, and accustom the impulse to weaken its original intensity to be changed; is normal and universally used (S. Freud, 2021).

According to Minderop, there are several main defense mechanisms that need to be considered. First, the defense mechanism is a psychological construction based on observations of individual behavior. Second, states that a person's behavior, requires descriptive information that is not an explanation of behavior. Third, all mechanisms can be found in the daily life of normal people (Minderop, 2008). There are several types of defense mechanisms proposed by Sigmund Freud that written by Anna Freud in her book. They are repression, sublimation, denial, projection, displacement, rationalization, reaction formation, regression, intellectualization, and undoing (A. Freud, 2018). Defense Mechanism is often used by people to overcome anxiety. A study conducted by Purqoti et. al found that the people of Lombok were carrying out defense mechanisms such as projection and denial to overcome anxiety in the new normal era (Purqoti et al., 2021). Another study conducted by Lee et.al, Defense Mechanism was also carried out by North Korean Refugees who experienced drastic changes in socioeconomic status, cultural environments and even experienced exile, imprisonment, and several other traumatic events (Lee et al., 2021).

Not only in real case, defense mechanism is also found in literature since literature is a reflection of human life (Pradopo, 2007). Defense mechanism can also be seen in the novel entitled *Defending Jacob*. In this novel, William Landay presents a great and suspenseful story about a boy named Jacob Barber who faced a problem where he was accused of being the perpetrator of the murder of his classmate, Ben Rifkin. Coupled with the abundance of evidence that accidentally pointed at Jacob made him feel even more anxious. In this story, Jacob is not only fighting against injustice, but he is also

struggling to overcome the anxiety he is experiencing by using a psychological strategy, a defense mechanism.

Many researchers have conducted studies on anxiety and defense mechanism of characters in literary works. A study on the analysis of Defense Mechanism is also found in a study conducted by Khoirunnisa and Rahayu entitled *Ego Defense Mechanism of the Main Female Characters in Maleficent Movie* (Khoirunnisa & Rahayu, 2020). From the results of the study, it can be seen what causes Maleficent's anger and found two types of defense mechanisms found in Maleficent, which are Projection and Repression. In addition to studies on Defense Mechanism, there are also studies that discuss the novel *Defending Jacob*. A study conducted by Zulfaisya and Hasra entitled *Defense Mechanism of the Main Character in Laurie Halse Anderson's Speak Novel* (Zulfaisya & Hasra, 2020). From the results of this study, it can be seen that there are eleven types of defense mechanism that are used to protect main character from internal and external conflict. Unfortunately, not many researchers have conducted research on *Defending Jacob* by William Landay. A study conducted by Sudwintari and Wulan entitled *Destiny of Injustice in William Landay's Novel Defending Jacob* examined the Protagonist's Destiny of Injustice in *Defending Jacob* (Sudwintari & Wulan, 2019). This study used the destiny theory initiated by Fethullah Gulen and the injustice theory initiated by Haderi. The result of this study is the discovery of three forms of injustice, being accused of being a murderer, being expelled from school, and being isolated.

This study is different from previous studies because this study will focus on analyzing the anxiety and defense mechanisms found in the main character in *Defending Jacob*. In previous studies, there is no anxiety and defense mechanism study has been found for the main character in *Defending Jacob*. In the story, *Defending Jacob*, William Landay reveals the psychological strategies used to maintain Jacob's self-image through the use of defense mechanisms. In this context, Sigmund Freud's theory of the types of anxiety can be used as a basis for understanding the types of anxiety experienced by Jacob in certain circumstances and assisted by Gail W. Stuart's theory which provides an understanding of the response given to Jacob's anxiety. In addition, Sigmund Freud's theory developed by Anna Freud on defense mechanisms also helps in understanding the mechanisms used by Jacob psychologically to overcome the anxiety he experienced.

In this study, each stage presented will use the theory of anxiety by Charles D. Spielberger, Gail W. Stuart, and Sigmund Freud. In addition, this study also applies the defense mechanism theory by Anna Freud. Using these theories, this article presents several questions that should be analyzed: a) how are the anxieties and their type depicted in Jacob Barber in William Landay's *Defending Jacob*? (b) how does the work of defense mechanism to overcome Jacob Barber's anxiety in William Landay's *Defending Jacob*?

## Method

Regarding the purposes of this study is to reveal the anxiety depicted in Jacob Barber and what kind of defense mechanism he used to overcome his anxiety, qualitative method is being needed to get a specific and objective result. Qualitative methods were applied to analyze the dialogues, sentences, and paragraphs in the story that became the object of research. Dialogues, sentences, and paragraphs analyzed are sentences that indicate anxiety and defense mechanisms in Jacob Barber. To obtain these data, the first steps to do is to read the novel *Defending Jacob* written by William

Landay and the next step is to analyze certain dialogues, sentences, and paragraphs that indicate an indication of the research topic. From the several characters in the story, the chosen character is Jacob Barber who is the main character who experiences the main problem in this story. This condition experienced by Jacob Barber will answer the description of the anxiety experienced by Jacob Barber, as well as reveal the defense mechanism that Jacob Barber did to overcome this anxiety by using a psychoanalytic approach. The dialogue quotes, sentences, and paragraphs presented will become research data.

## **Result and Discussion**

### **Types of Anxiety**

#### **Neurotic Anxiety**

Neurotic anxiety is anxiety caused by an unknown danger or threat. The emergence of this anxiety is caused by an impulse from the id which then makes this restless feeling appear in the ego. Individuals who experience this type of anxiety fear that they will be punished if they exhibit impulsive behavior that is dominated by the id (Feist et al., 2018).

This study found situations that indicated Jacob had neurotic anxiety. It is shown in the dialogues of Jacob Barber and Andy Barber.

*"So what do I do if this is what I am?"*

*Me: "Jacob, what are you saying exactly?"*

*"What if I have this thing inside me and I can't help it?" (Landay, 2020 p. 153)*

In the dialogue above, it is illustrated how Jacob and Andy were discussing about their family which may have murderous descendants from Jacob's grandfather, Billy Barber. Billy Barber was languishing in prison for a murder case committed by him. Dr. Vogel, a specialist in genetic inheritance, had hypothesized whether Jacob's behavior was inherited from his grandfather's behavior genetically. Jacob who knew about this immediately felt shocked and worried. He was worried if it turned out that he really had the gene.

The neurotic anxiety that appears in Jacob is marked by Jacob's fear if he really had the gene that made him misbehave like his grandfather. Even though it was not necessarily true but he was already feeling anxious because he was afraid that he would get punished if he was proven to have the gene which was the strongest evidence for the accusation of being a murderer against him. It shows that Jacob Barber has neurotic anxiety because he has anxiety about things that may not happen because he is afraid of getting punished like his grandfather did (Feist et al., 2018).

#### **Moral Anxiety**

Moral anxiety is a condition which is caused by a conflict between the ego and the superego. Moral anxiety occurs when an individual does an act that makes him feel guilty such as when he breaks moral norms or does not act in accordance with existing moral values, this situation causing he gets punishment from the superego in the form of anxiety (Feist et al., 2018)

In this study, it was found a situation that indicates that Jacob Barber had moral anxiety. It is shown by Jacob who was delirious in his sleep and his words indicated that he was having a bad dream.

*"Jacob lay on his side at the edge of his bed, not moving. His head was arched back and his mouth hung open, like a howling wolf. He was not snoring but his breathing had a clotted sound, he had been fighting a little cold. Between sliffly breaths, he whimpered, "N-, n-" No. no."  
"Jacob," whispered. I reached out to soothie his head. "Jake!"  
He cried again. His eyes fluttered behind the eyelids....  
"It's just a dream." I told him." (Landay, 2020, p. 18)*

In the excerpt above, Andy Barber is depicted seeing Jacob who was sleeping. Andy found his son was not sleeping tightly. Jacob was delirious and uttering words that indicated he was in fear and anxiety. Even when Andy called his name with the intention of waking his son, Jacob cried and the movement of the eyes behind his eyelids indicated that he was nervous and scared. In the story it is told that Jacob found Ben Rifkin's body lying on the ground in Cold Spring Park. But Jacob just kept quiet and left Ben's corpse and just left.

Moral anxiety that appears in Jacob is marked by anxiety that appeared in his dreams. He was worried because he found Ben's corpse lying on the ground and felt guilty because instead of reporting it, Jacob just run away from him and did not report him. This anxiety is categorized to moral anxiety caused by the conflict between Jacob's ego and superego (Feist et al., 2018). As a result, his anxiety is carried away into dreams in the form of nightmares (Stuart, 2014).

The moral anxiety in Jacob Barber is also seen in the dialogue when he is arguing with his father below:

*"Jacob, I need to ask you, for my own peace of mind: is this the knife they're looking for?"  
"No! Are you crazy?"(Landay, 2020 p. 87)*

The dialogue above shows a situation which Andy was investigating Jacob because he found a knife in Jacob's drawer. At that time, the police were looking for the knife used by the murderer to kill Ben Rifkin and Andy was surprised when he found out that his son had a military knife in his bedroom drawer. So he asked Jacob what he meant for having a knife in his room. Jacob argued that he bought the knife because it looked cool to have it for him. At first he answered his father's question quite calmly. But when he was asked about whether the knife was the knife the police were looking for, he answered in a high-pitched tone that showed he was angry that he was being accused of being Ben Rifkin's murderer.

Moral anxiety appears in Jacob which is indicated in the sentence "No! Are you crazy?" which is expressed in an angry tone or in other words, the anxiety that arises produces an affective response (Stuart, 2014). Jacob's anxiety was caused because he realized that keeping a military knife in a drawer was an unusual act (Feist et al., 2018), so when his father investigated him over the knife he felt anxious.

### **Realistic Anxiety**

Realistic anxiety is anxiety caused by threats and dangers from outside the individual such as in certain situations or certain environments. Realistic anxiety can arise because individuals can see or feel danger that could potentially cause themselves to be in danger and hurt themselves if they are in certain situations (Feist et al., 2018).

In this study, an action was found that showed Jacob Barber had realistic anxiety. Jacob's realistic anxiety arises when he knew that the police were waiting for him to be investigated.

*"He had been hiding for hours, mostly in the woods of Cold Spring Park, in backyards, and in the play structure behind the elementary school he had once attended"(Landay, 2020 p. 115)*

In the excerpt above, it is illustrated that Jacob was hiding for a long time in the woods of Cold Spring Park, in the backyard, and in the drama building behind the elementary school. Jacob's covert actions were caused because he knew that the police were looking for him to be investigated regarding the murder case he was accused of. Because of that situation, he felt anxious and he did not have the courage to go home and chose to spend hours hiding.

Realistic anxiety appears in Jacob marked by his action which hide in the woods which indicates he was experiencing anxiety because he knows there was a threat for him which was the police, who would bring him into a scary situation for him so that the anxiety is categorized as realistic anxiety. (Feist et al., 2018). As a result, Jacob chose to avoid and escape from the problems that befell him by hiding in the forest (Stuart, 2014).

Another realistic anxiety in Jacob is also found in the description of Jacob's condition when he was being interrogated by police below:

*"Jacob was obviously shaken. His eyes were watery and red-rimmed. His face was flushed, a single horizontal slash or red across each cheek, like war paint. He was obviously scared shitless. At the same time he was trying to stay composed. His manner was clenched, rigid, adolescent's conception of manliness.*

*... the way he struggled to hold it together, to keep that storm of emotion-panic, anger, sorrow-all siloed up inside himself."(Landay, 2020 p. 116)*

In the excerpt above, it is described how Jacob's condition was after being interrogated by the police about the reason he did not report Ben Rifkin's dead body to the police. Jacob was shaken with anxiety about being in a situation that made him feel uncomfortable, scared, and threatened. It is marked by the physical description in the quote above which shows that Jacob is in a not good condition and tends to be anxious.

Realistic anxiety appears in Jacob, which is marked by a description of Jacob's physical condition as well as a clear facial line that he was experiencing anxiety caused by situations that made him had unpleasant and uncomfortable feelings which makes him restless. It shows that Jacob was experiencing realistic anxiety (Feist et al., 2018). The description of Jacob's condition above, such as watery and red eyes and horizontally sloping cheek lines and reddened cheeks showed the affective aspect which was the impact of his anxiety (Stuart, 2014). Jacob was trying his best to contain the feelings, panic, anger, and sadness that were hidden inside him.

Another Jacob's realistic anxiety is also found when he is being comforted by his father in the dialogue below:

*"They're saying I killed Ben? No way. No way. I can't believe this is happening. I can't believe this" I said, "Hey, Jake, it's a mistake. It's some kind of horrible misunderstanding. We'll work it out, okay? I don't want you to lose hope. This is just the beginning of the process. There's a long way to go."*

*"I can't believe it. I can't believe it. I'm just, like"-he made an exploding sound and with his hand sculpted a mushroom cloud-"you know? It's like, it's like, who's that guy? In the story?"*

...

*"He shook his head. "So just for no reason-for no reason-I killed Ben Rifkin? That's just-that's just- I don't know what it is. It's crazy. This whole thing is totally crazy"(Landay, 2020 p. 117)*

In the dialogue above, it is illustrated how Jacob talks about his feelings which he did not expect that he was accused of being Ben Rifkin's killer. Jacob said a few words that stated that he really could not believe the situation he was in. He frequently repeated several words such as 'no way' and 'I can't believe this' which were representative of Jacob's feelings which he really emphasized his feelings of disbelief. In the next dialogue he reaffirmed his feelings of disbelief by repeating the word 'I can't believe it' and in the next sentence there was a stutter in Jacob's speech which made it difficult for him to explain something. It was a result of his excessive anxiety so that he could not think clearly and made him spoke the same words over and over again as if he was trying to convince his parents that it was impossible for him to do that action because he was worried that his parents were also thinking he was the one who killed Ben Rifkin. Jacob also forgot about the character he wanted to tell his parents, which was because his mind could not think clearly due to the anxiety that he felt.

Realistic anxiety appeared in Jacob marked by behavior and cognitive which are evidenced by the repetition of words when Jacob spoke and also forgetfulness which are the result of thinking barriers due to the anxiety he was experiencing (Stuart, 2014). The situation he was in at that time when he was accused of being Ben Rifkin's murderer, made him afraid, anxious, and experienced realistic anxiety. (Feist et al., 2018).

Another realistic anxiety was also found in Jacob Barber when he was being investigated by the police regarding the chronology of himself finding Ben Rifkin's body.

*"There was a long smear of blood going all the way down the hill from Ben's wounds. You did not notice it?"*

*"No. I mean, I was, like, freaking out, you know?"*

*"Freaking out how? What does that mean, exactly?"*

*"I don't know. Just, like, panicking."*

*"Panicking why? You said you didn't what happened, you did not think there'd been a crime. You thought it might be an accident."(Landay, 2020 p. 189)*

In the dialogue above, it is shown that Jacob Barber was being investigated by the police about the chronology of Jacob finding Ben Rifkin's dead body. Jacob said that at the time he was panicking because he found Ben Rifkin lying on the ground dead, his panic caused by anxiety due to a situation that scared him. In addition, there are a few Jacob's words who stammered when answering the questions given by the police. It showed that the panic experienced by Jacob caused him to experience a behavior disorder in which he spoke. In addition, Jacob also admitted that at that time he experienced a panic that made him not notice the long bloodstains that flowed from Ben's wound.

Realistic anxiety appeared in Jacob marked when he expressed when he found Ben Rifkin's corpse lying on the ground which made him feel anxious as a result of the situation that made him feel afraid. (Feist et al., 2018). The anxiety experienced by Jacob is in the form of cognitive and behavioral responses, in the form of cognitive responses because when experiencing this anxiety Jacob becomes unable to pay attention to his surroundings caused by disturbed attention and is in the form of behavioral responses because at that time Jacob experienced limitations when he spoke to try to explain what happened (Stuart, 2014)

Realistic anxiety was also found in Jacob Barber when he finished attending the trial held for his case.

*"I do not mean to suggest Jacob was not scared shitless. He was. We all were. Jacob's anxiety just took the form of beating his chest a little."(Landay, 2020 p. 392)*

In the excerpt above, it is described how Jacob's condition through the explanation described by Andy Barber. Jacob experienced anxiety caused by the series of trials he had gone through in the hope that he would be cleared of the suspects behind Ben Rifkin's murder. The testimonies given by the witnesses several times became strong evidence that he was not a murderer, but due to several questions from Neal Logiudice that seemed to pry into Jacob's behavior, the testimonies from these witnesses actually made Jacob's position even more threatened.

In addition, Realistic anxiety was also found when Jacob had to attend court the next day. It is shown in the dialogue between Jacob and his father.

"Jacob closed his eyes, "I don't know if I can go out to court tomorrow. I just don't want to do it anymore."

"I know, Jake." I laid my palm on his chest. "It's almost over."

"That's what I'm afraid of."(Landay, 2020 p. 427)

In the dialogue above, it is illustrated that Jacob was talking with his father about the trial in court tomorrow, which was Jacob's last trial and would determine Jacob's status later. In Jacob's words, it could be seen that Jacob was tired due to the series of trials that he had gone through and he added that he was increasingly afraid because the tomorrow's trial was a final decision.

Realistic anxiety appeared in Jacob marked by his words which indicated that he was afraid because he had to face the fact that he had to attend court tomorrow and would get a judge's decision about his status, whether he was declared acquitted or even declared as the perpetrator of Ben Rifkin's murder. The situation made him uncomfortable and felt afraid so that he experienced realistic anxiety (Feist et al., 2018).

## **Defense mechanism works to overcome anxiety**

### **Denial overcoming moral anxiety**

Denial is a refusal to accept reality because the individual feels that reality is too dangerous or threatening. It makes an individual deny anything related to unpleasant feelings or unacceptable facts (A. Freud, 2018).

In this study, it was found behaviors that indicate denial in Jacob. It is shown in the dialogue between him and Andy.

*"I said, in as neutral a tone as I could manage, "You want to tell us what this is?"*

*"Um, a knife?"*

*"Don't fool around, Jacob"(Landay, 2020 p. 85)*

In the dialogue above, it is shown that Andy was interrogating Jacob about the purpose of the knife in the drawer in Jacob's room. At first Jacob did not immediately admit that the knife was his. Instead of confessing, Jacob acted as if he did not know the meaning of his father's question. He denied the fact that the knife was indeed his because he was worried that his father would be angry with him.



Moral anxiety arises in Jacob marked by his fear when his father found a knife in his drawer. Jacob felt it was unnatural to keep a knife especially a military knife in his room so he was afraid his father would be angry with him for doing something unnatural (Feist et al., 2018). To reduce the moral anxiety that arises, Jacob uses a denial, by denying that he knew about the knife. It can be seen in the sentence 'um a knife' where Jacob tried to appear ignorant about the knife so his father might not be angry (A. Freud, 2018).

### **Projection overcoming realistic anxiety**

Projection is a defense mechanism that is carried out by projecting or connecting feelings that are not unacknowledged to others such as excessive jealousy, excessive prejudice, excessive vigilance of the environment and "injustice collecting" (A. Freud, 2018).

Defense mechanism in the form of projection was found in Jacob Barber when he was being interrogated by his father about the knife in his bedroom drawer.

"He became a petulant kid again, "I can't believe you're asking me this stuff, Dad. It's like I get home from school and suddenly I get all these questions. I just can't believe this. I can't believe you actually think these things about me." (Landay, 2020 p. 88)

In the excerpt above, it is shown that Jacob was arguing with his father regarding the interrogation carried out by his father regarding the discovery of a mysterious knife in the drawer in Jacob's room. Previously, Andy asked whether the knife that Jacob had was the knife the police were looking for. Hearing the accusation from his father, Jacob could not believe that his own father suspected him of being the perpetrator of the murder, when in fact Andy just wanted to confirm whether the knife was the knife the police were looking for. But Jacob became worried because his father did not believe in him.

Realistic anxiety arises in Jacob marked by the anxiety that Jacob felt because he thought his father was suspicious of him. The situation that Jacob was in made him nervous because he was afraid that no one would believe in him anymore (Feist et al., 2018). To reduce this realistic anxiety, Jacob uses projection as can be seen in the sentence "I can't believe you actually think these things about me". Jacob felt excessive prejudice towards his father so that he expressed his anxiety by diverting these unrecognized feelings to his father (A. Freud, 2018).

Another projection was also found in Jacob Barber when he was arguing with his parents.

*"This is Derek's fault. He did this. I know it."*

*"Derek? Why Derek?"*

*"He's just-he's like-he gets freaked out by stuff, you know? Like, the littlest things and he freaks out about them. I swear, when I get out, I'm going to fuck him up. I swear it."*

*"Jake, I don't think Derek could have done this."*

*"He did. You watch. That kid." (Landay, 2020 p. 119)*

In the excerpt above, it is illustrated that Jacob was accusing Derek of being the one who killed Ben Rifkin. Jacob said that Derek looked like he was scared about the little things so he thought Derek did it. This accusation made by Jacob was made because he was worried that people would accuse him of being a murderer and Derek happened to

be one of the eye witnesses who gave information about Jacob's activities on the day Ben Rifkin's body was found.

Realistic anxiety arises in Jacob marked by Jacob who is worried about the fact that people around him accuse him of being Ben Rifkin's killer. (Feist et al., 2018). To reduce this anxiety, Jacob uses projection as can be seen in sentence "This is Derek's fault. He did this. I know it.". He instead accused Derek of being a murderer which accusation was meant to divert his anxiety by projecting it onto someone else who is Derek (A. Freud, 2018).

### **Displacement overcoming realistic anxiety**

Displacement is a form of defense mechanism by diverting unpleasant feelings to a substitute target instead of venting it on the original object (A. Freud, 2018).

In this study, it was found that there was an act of displacement carried out by Jacob Barber when he had an argument with his parents.

*"Jacob, you don't have to convince us. We're on your side. Always.No matter what happens."  
"Jesus." He raked his fingers through his hair"(Landay, 2020 p. 119)*

In the excerpt above, it is illustrated that Jacob is feeling anxious because he was afraid that his parents would not believe in him even though his parents have assured them that they would always be by Jacob's side.

Realistic anxiety arises marked by Jacob feeling frustrated with the situation he was facing and he was worried if his parents did not believe in him. (Feist et al., 2018). To reduce this realistic anxiety, Jacob uses displacement as can be seen in the sentence "he raked his fingers through his hair" after saying the word "Jesus" which indicates he was frustrated. Jacob ran a hand through his hair with the intention of venting his restlessness and anxiety on the substitute target instead of taking it out on the original object (A. Freud, 2018).

Another displacement was also found in Jacob when he was sitting with his father.

*"I do not mean to suggest Jacob was not scared shitless. He was. We all were. Jacob's anxiety just took the form of beating his chest a little."(Landay, 2020 p. 392)*

In the excerpt above, it is illustrated how Jacob's condition was after undergoing the trial that was held yesterday. The unclear outcome of the trial made Jacob felt anxious and afraid. In addition there is final trial that would be held soon even made Jacob felt more anxious. Andy explained that his son was really scared, but the anxiety experienced by Jacob was only shown by a small punch in his chest.

Reality anxiety arises marked by Jacob's anxiety described by his father due to the unclear results of the trial held yesterday and also the fact that he would face a determination trial. This situation made Jacob felt worried, afraid, and uncomfortable so that he experienced realistic anxiety (Feist et al., 2018). To reduce this realistic anxiety, Jacob uses a displacement that can be seen by Jacob's actions hitting his chest lightly. This action was done by Jacob to vent his anxiety on the target substitute which was his chest, instead of venting it on the original object which is the trial (A. Freud, 2018).

### **Rationalization overcoming realistic anxiety**

Rationalization is a form of defense mechanism by trying to find a reasonable reason to explain the ego and the type of emotion one has. This rationalization behavior will help the individual to justify his behavior while reducing the individual's anxiety.

In this study, rationalization in Jacob Barber was found when he told the chronology of the discovery of Ben Rifkin's dead body and the reason he did not report it to the police.

*"When the cop said dismissively, 'Then how did your fingerprint get on the body?,' Jacob blurted-foolishly or cannily. I am still not sure- 'I found him. He was already lying there. I tried to pick him up so I could help him. Then I saw he was dead, and I got scared and ran.'"*

...  
*"Panicking why? You said you didn't know what happened, you did not think there'd been a crime. You thought it might be an accident."*

*"I know, but this kid was just lying there. It was just freaky situation." (Landay, 2020 p. 189)*

In the expert above, realistic anxiety appears marked by Jacob's fear when he found Ben Rifkin's corpse. It can be seen from Jacob Barber's explanation who said he realized that Ben's body lying on the ground was dead, so Jacob was afraid and immediately decided to run. In addition, realistic anxiety was also marked by the anxiety that Jacob felt when he was interrogated by the police regarding the finding of his fingerprint on Ben Rifkin's body, which was marked by Jacob who was blurted because he was surprised to hear the police's question. Jacob's fault at that time was that he did not immediately report the incident to the police, so when interrogated why he did not immediately report it to the police because he was afraid and as a result he became anxious. Both of these anxieties are caused by Jacob experiencing realistic anxiety, which means that the anxiety that arises is caused by Jacob feeling in a situation that causes him to get an unpleasant feeling, which means that the anxiety is classified as realistic anxiety (Feist et al., 2018).

To reduce this anxiety, Jacob uses rationalization as a defense mechanism which can be seen in the sentence "I tried to pick him up so I could help him. Then I saw he was dead, and I got scared and ran". Jacob realized that he had to come up with an excuse that made sense and was acceptable to people. This decision put him in a dangerous position. Therefore, Jacob tried to convince people that his actions were acceptable by making excuse that he was too scared at the time (A. Freud, 2018).

### **Reaction formation overcoming realistic anxiety**

Reaction formation is a form of defense mechanism by forming an opposite reaction while hiding true feelings by showing a different expression from the actual expression.

In this study, Jacob's reaction formation was found when he was being interrogated by Jonathan, Jacob's lawyer.

*"When Derek saw you just a few minutes later, you weren't freaking out."*

*"No, I was. I just didn't show it. I was freaking out on the inside." (Landay, 2020 p. 189)*

In the quote above, it is illustrated that Jacob is being interrogated by Jonathan regarding the chronology of events after he found Ben Rifkin's body where Jacob crossed paths with Derek. Jacob had said earlier that he was panicking because he found Ben's body. But Derek testified that he could not find a look of panic on Jacob's face. However, Jacob reasoned that he was actually panicking, but he chose to hide it. The anxiety experienced by Jacob was caused by a situation that put Jacob in danger where he had just found a corpse, but he did not dare to report it to others. Therefore, Jacob's anxiety is included in realistic anxiety (Feist et al., 2018). To deal with this anxiety, Jacob uses a reaction formation that is shown in Jacob's words saying that he actually felt panicked but he chose to hide the panic inside himself and instead of having a panic reaction, Jacob put on a normal expression to hide his true expression (A. Freud, 2018).

## Conclusion

Based on the results of the study conducted, it can be concluded that in the novel *Defending Jacob*, there are anxieties experienced by the main character, Jacob Barber. He experienced anxiety caused by an unexpected conflict experienced by him. There are three types of anxiety that are found in Jacob Barber. They are neurotic anxiety, moral anxiety, and realistic anxiety. Besides, Jacob Barber most often experienced realistic anxiety. The events experienced by Jacob made him feel a real threat and danger so that he felt anxious about the reality he was facing.

To overcome these anxieties, Jacob used five types of defense mechanisms, they are denial, projection, displacement, rationalization, and reaction formation. Based on the results of the study that have been conducted, projection and displacement are types of defense mechanisms that are often used to overcome Jacob's anxiety. Projection is considered effective because of the feeling of being cornered by others so that Jacob feels the need to defend himself against the accusation and project the anxiety to someone else. Projection works based on the reality experienced by Jacob where he tried to reverse his mindset as a form of justification for existing assumptions. This is because these assumptions make him uncomfortable. In addition, displacement is also a defense mechanism that is often used to overcome the anxiety experienced by Jacob. Displacement that Jacob did by diverting unpleasant feelings on the target substitute such as ruffling his hair or hitting his chest. Besides projection and displacement, there is also denial which is a refusal to accept reality. Denial was done by Jacob by denying that the knife found in his room was his. He did it to overcome moral anxiety which he felt he had violated the norm. The next defense mechanism used by Jacob is rationalization. The rationalization carried out by Jacob is to explain the reasons as rationally as possible so that people can understand the situation he is experiencing. In other words, rationalization is able to overcome the realistic anxiety that Jacob is experiencing. The last type of defense mechanism is reaction formation. Jacob's reaction formation is to form a reaction that shows that he is fine, even though he actually feels restless because he found Ben Rifkin's corpse. So it can be concluded that reaction formation can overcome Jacob's realistic anxiety.

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