

### Billi's Anxiety and Defense in *The Farewell* Film by Lulu Wang

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#### ABSTRAK

Penelitian ini menganalisis kecemasan dan mekanisme pertahanan menggunakan teori Sigmund Freud dalam film *The Farewell*. Tujuan dari penelitian ini adalah untuk mendeskripsikan bagaimana kecemasan dan mekanisme pertahanan digambarkan melalui Wang sebagai tokoh utama dalam film tersebut. Penelitian ini menggunakan desain kualitatif. Data berupa dialog dan adegan yang berhubungan dengan kecemasan dan mekanisme pertahanan. Data dianalisis dengan menggunakan teori Freud dan proses analisis data menggunakan teori Miles dan Huberman. Hasil penelitian ini menunjukkan bahwa Billi mengalami kecemasan yang mengakibatkan terbentuknya mekanisme pertahanan diri yang meliputi regresi, rasionalisasi, sublimasi, dan represi. Karena keemasannya, Billi menerapkan berbagai sikap defensif secara tidak sadar yang membuatnya menekan rasa tidak nyamannya dengan berbagai cara, termasuk bersenang-senang, berpikir rasional, dan melakukan aktivitas sosial yang bermanfaat. Billi juga membentuk mekanisme pertahanan diri tersebut untuk menjaga hubungannya dengan keluarganya sekaligus untuk melawan kecemasan. Billi menekan idnya demi menjaga hubungan baik dengan keluarganya dengan menekan kepentingan pribadinya.

**Kata kunci:** Anxiety, Mekanisme Pertahanan Diri, Psikoanalisis

#### ABSTRACT

*This research analyzed anxiety and defense mechanism portrayed by Billi in The Farewell Film by using Sigmund Freud theory. The objective of this study is to describe how anxiety and defense mechanism are portrayed through Billi as the main character in the film. This research used qualitative design. The data were dialogues and scenes describing anxiety and defense mechanism. The data were analyzed by using Freud's theory and the process of data analysis was conducted based on Miles and Huberman's theory. The findings of this study showed that Billi experienced anxiety that led to defense mechanisms that include regression, rationalization, sublimation, and repression. Due to her anxiety, Billi applied various defenses attitudes unconsciously. Unconsciously, Billi suppresses his discomfort in many ways, including having fun, thinking rationally, and carrying out useful social activities. Billi also developed the defense mechanisms to maintain her relationship with her family as well as to counter anxiety. As a result, Billi suppressed her id in order to maintain good relations with her family by suppressing her personal interests.*

**Keywords:** Anxiety, Defense mechanism, Psychoanalysis

## A. INTRODUCTION

In common, all of the individuals need to life as calm as possible without any aggravate and issues in their live. At any rate, it is undeniable each human being has a few factors which cover up their live. Those issues can be factor by numerous things around such as family, friends, work, or environment. There is no wonder that those issues often make individuals so frustrated, despair, worry and frightened about something worst whereby it certain called by as anxiety. Freud emphasized that it is a felt, affective, unpleasant state accompanied

by a physical sensation that warns the person against impending danger. The unpleasantness is often vague and hard to pinpoint, but the anxiety itself is always felt. (441).

Anxiety serves as a sign of danger that will happen, a threat to the ego that cannot be separated from this conflict must avoided or countered. This conflict will always exist in human life because as to Freud states instinct will always seek satisfaction while the environment socially and morally limits this satisfaction. In short, those impacts, everybody must unravel anxiety instantly. They have to do a kind of protection by utilizing an effective way to form a calmer and more comfortable life and it is called Defense Mechanism which is believed as a protection to reduce anxiety. According to Freud “The term defense mechanism refers to someone’s unconscious mind that save him from anxiety, this mechanism protects him from external threatening or impulse which appears from internal anxiety by distorting reality with some ways” (Freud in Hilgard, 442)

Anxiety is not only happened in reality but also can be influenced to the character in the literary work. Literary work is believed as reflection of psychological condition in reality even in it’s of creating and understanding literary work. The fictional characters in literature usually display a variety of personality and behavior associated with psychiatric and psychological experiences or conflicts as experienced by humans in real life. Psychology of literature is about the study of creative process or the study of the psychological types and laws present within works of literature. In the late 19th century, the world acknowledges a new form of literature called film. A film is similar to drama where the director tries to visualize the text.

One of many films that can describe character that suffered anxiety is Billi in *The Farewell* Film directed by Lulu Wang in 2019. 30 years old, Chinese-American woman named Billi is a New Yorker who has struggling to find direction in his life. Billi aspires to be a writer, but she struggles to find her place in life. In the process of life that made him fight for his career, Billi had to lose focus because his grandmother Nai Nai, was sick with cancer and would not survive for a long time. Billi, Nai Nai is a grandmother who Billi loves very much, so the news about Nai Nai’s cancer is worrying. Billi has anxiety or excessive worry that makes her sad and protracted. Also, the demands of the family asking Billi not to tell Nai Nai about his illness makes Billi even more depressed.

From the illustration above, the researchers are interested in examining Billi as the main character in the film for two reasons. The first reason is that Billi has anxiety due to her family and applies self-defense mechanisms as a form of behavior that arises because of anxiety. Second, based on the representation of two theories from Billi, this research can help readers understand anxiety and what kind of behavior to handle it. Due to the consideration above, the researchers decided to analyze Freud’s psychoanalysis in Lulu Wang’s *The Farewell* Film to understand more about human behaviors in daily life.

## **B. LITERATURE REVIEW**

### **1. Film**

Films are a popular medium nowadays, and many people are looking forward to Film and Film that are inextricably linked to human culture. Films, commonly known as movies, are among the most popular literary works. According to David Bordwell and Kristin Thompson, film transmitted information and ideas and depicts people, locations, and ways of life. Film took people through experiences, which are frequently led by a tale about a character (2). A film is

similar to literature or can be classified as a literary form. This is due to the fact that cinema has a temporal dimension as a literary element portrayed in numerous ways. Literature, according to Krystal, is "not simply what is written, but what is said, expressed, and invented in whatever form" (89). Plot elements such as foreshadowing and flashback, as well as interwoven layers of action and time, may be adapted into cinema.

## **2. Sigmund Freud's Anxieties Theories**

Sex and aggression share the center of Freudian dynamic theory with the concept of anxiety. In defining anxiety, Freud emphasized that it is a felt, affective, unpleasant state accompanied by a physical sensation that warns the person against impending danger. The unpleasantness is often vague and hard to pinpoint, but the anxiety itself is always felt. Tyson stated that anxiety is the psychoanalytic terms of several disorders that cause nervousness, fear, and worrying. Anxiety occurs when our defenses momentarily break down. Anxiety is an important experience because it can reveal our core issues. Core issues are issues that define our being in fundamental ways that we carry through life (Tyson 22).

## **3. Reality Anxiety**

An anxiety derived from fear of threatening dangers in the real world. "Realistic anxiety is when the source of danger sensed by the ego is from external world" (Freud 67). This kind of anxiety is for example fear of fires, tornadoes, earthquakes, or wild animals. This anxiety leads us to behave how to deal with danger. It is not uncommon for the fear that stems from this reality to be extreme. A person can become very afraid to leave the house for fear of an accident on him or fear of lighting a match for fear of a fire. Realistic anxiety is characterized by unpleasant, generalized emotions of potential peril.

## **4. Neurotic Anxiety**

The essay on worry by Freud is broken up into three parts. In the first, Freud lists the crucial signs of anxiety neurosis, such as general irritability and apprehensive anticipation ("a quantum of anxiety in a free-floating state"). The heartbeat, breathing patterns, awakening to battle, etc. are all signs of anxiety, which is typically not aware (Freud 190). In that statement, a person feels neurotic anxiety in the form of fear and feelings of anxiety about something.

## **5. Defense Mechanism**

Anxiety serves as a sign of the danger that will occur, a threat to the ego that must be avoided or resisted. In this case the ego must reduce the conflict between the will of Id and Superego. This conflict will always exist in human life because according to Freud, instinct will always seek reassociations while the social and moral environment limits the settlement. So according to Freud a defense will always operate widely in terms of human life. As with all behaviors motivated by instinct, all behaviors have a natural defense, in terms of fighting anxiety. Freud first elaborated on the idea of defense mechanisms in 1926. Although defense mechanisms are normal and universally used, when carried to an extreme they lead to compulsive, repetitive, and neurotic behavior because a person must expend psychic energy to establish and maintain defense mechanisms, the more defensive that person, the less psychic energy we have left to satisfy id. The principal defense mechanisms identified by Freud include repression, sublimation, projection, displacement, rationalization, reaction, regression, aggression and fantasy.

## C. METHOD

This research is qualitative in type. Qualitative research is more subjective in nature than Quantitative research and involves examining and reflecting on the less tangible aspects of a research subject, e.g., values, attitudes, perceptions (Goddard and Stuart 3). Qualitative textual analysis involves the identification and interpretation of a set of verbal or non-verbal signs. So, the interpretation can be analyzed from action or what the character said in the film to find what kind anxiety and defense mechanism that used by the main character in the film. This research is also descriptive. The focus of descriptive research is to describe social discussion scientifically. Descriptive research also portrays accurately the characteristics of a particular individual, situation, or group (Kothari 2). In this research, the researchers present the representation of defense mechanism in *Farewell* Film (2019). Therefore, this research fits to give a scientific explanation in qualitative and descriptive because the main discussion itself is about social events. Also, the result of the data presents in the form of words and images.

### 1. Data and Data Sources

The data in this research are words, sentences, dialogue, narration, and screenshot from the film that portrayed Billi's anxiety and defense mechanism. The data source or the object of this research is *Farewell* Film (2019) that directed by Lulu Wang that has 100 minutes duration.

### 2. Research Instrument

According to Patton, the researcher is the tool in qualitative research. It means, the legitimacy of qualitative research findings is heavily dependent on the researcher's ability (Paton in Steward 293). As a result, the writer himself served as the study instrument, examining the defense mechanism reflected in *Farewell* Film as well as how Billi as the main character develop her in accordance with defense mechanism.

### 3. Data Collection

The researchers used data collection progress by Mikos in this research. First, the researchers developed a general cognitive purpose to presents the anxiety and defense mechanism. Second, the researchers watched the visual material or *The Farewell* Film. Third, the researchers read books, articles, and journals that relate to anxiety, defense mechanism, character, and characterization. Fourth, the researchers developed a concrete cognitive purpose of the study to focus on the connection of anxiety and defense mechanism issues with the main character in the film. Fifth, the researchers created the result of concrete cognitive purpose in form of questions: How are anxiety portrayed by Billi as the main character in *Farewell* Film? How does Billi as the main character use defense mechanism to reduce her anxiety? In the next step, the researchers collect needed data that relate to research questions and theories through narration, dialogue, and action following the related explanation (Mikos 420-421).

### 4. Data Analysis

According to Miles, Huberman, and Sardana data analysis divides into three part of an activity which it starts from data reduction, data display, and conclusion drawing or the verification as explained below:

First is Data reduction. This step refers to selecting, focusing, simplifying, abstracting, and transforming the data in a written-up field note (10). The researchers categorized the data into create anxiety and defense mechanism aims as how it is represented in *Farewell* Film. The purpose of this term also focuses on Billi's thoughts or perceptions toward herself the second step is data display. This step contains an organized, compressed assembly of information that permits conclusion drawing and action (10). In this part the researchers focus to enrich the analyzed data with theoretical insight whereas the data of anxiety and defense mechanism's aspects in the film make the researchers related it to Freud's explanation and other related experts' explanations toward other related works. After finishing with data reduction and data display, the last step to analyze the data in this research refer to conclusion (10). In this step, the researchers concluded the result of the research based on the research problem to present an explanation about the theoretical aspects appear through Billi in *Farewell* Film. After the data are collected, the researchers analyzed the data that show what kinds anxiety that suffered by Billi. Then the researchers took the conversation in the film which is consist of the defense mechanism that used by Billi in order to reduce her anxiety. Finally, the data were identified and understand deeply.

## D. FINDINGS AND DISCUSSION

This chapter provides the findings of the study, where the researchers present the analysis of the collected data to answer the research questions using psychoanalysis theory represented by the characters in *The Farewell Film* by Lulu Wang. The explanation of this chapter includes two parts; they are findings and discussion.

### 1. Findings

#### a. Billi's Reality Anxiety



**Fig.1. Billi cries knowing that Nai Nai has cancer. Reality anxiety (*The Farewell* Film by Lulu Wang).**

Billi : Just tell me what is going on?

Mother : **Your Nai nai's dying. She has stage four lung cancer. The doctor says she has**

### three months. Could be faster you never know

Billi : I need to call her

Father : you can't do that

Billi : I need to go to see her

Father : You can't do that. She doesn't know. The family thinks it's better not to tell her. So, you can't say anything.

Billi : I don't understand. she doesn't have a lot of time left, she should know, right?

Father : There's nothing they can do. So, everyone decided it's better not to tell her

The data in this picture is Billi's situation when she found out about her grandmother's condition. When Billi had just arrived home from her activities outside, she saw her parents silent with gloomy faces and quite sad. Billi who was curious about this asked them to find out what situation was happening to the two of them and at the same time as this question, her father and mother explained that they had received news from the family that Billi's grandmother named Nai nai had cancer and would die in two months. Hearing that, Billi's feelings and thoughts became unstable. It can be seen from her facial expression that shows her sadness after knowing that her beloved person will die, even Billi rushes to meet Nai Nai but is forbidden by her parents. Here, they forbade her to meet Nai Nai and kept her illness a secret, which made Billi's condition worse and filled with sadness so that Billi could only cry in front of her father and mother. Based on the data situation above, there are certain points that make this data a form of anxiety reality. This point is reality in the form of bad news about Nai Nai's cancer. In this situation, there has been a change in behavior experienced by Billi as the main character, where Billi's condition, which was initially fine, suddenly becomes reversed. Excessive anxiety to the point of extreme fear has been shown by Billi in the scene above so that it can be concluded that as a fact or reality, bad news about Nai nai has had an impact on Billi's self as well as inner Billi where her sadness and instability is a manifestation of anxiety.

### b. Billi's Moral Anxiety



**Fig.2 Little Nai nai scolds his family for planning to continue lying to Nai nai until his death. Moral anxiety (*The Farewell* Film by Lulu Wang)**

Father : Maybe we should tell her now. We can start making plans now. When

the times come, who will take care of her?

Uncle Haibin : We don't need to tell her to make plans

Father : **You know, in America, we couldn't do this. We wouldn't be allowed to.**

Billi : **It'd be illegal.**

Little Nai Nai : It's not time to tell her yet!

Billi : How do you know?

Little Nai Nai : I just know

Billi : **If Nai nai knew we were all lying to her, wouldn't she be mad?**

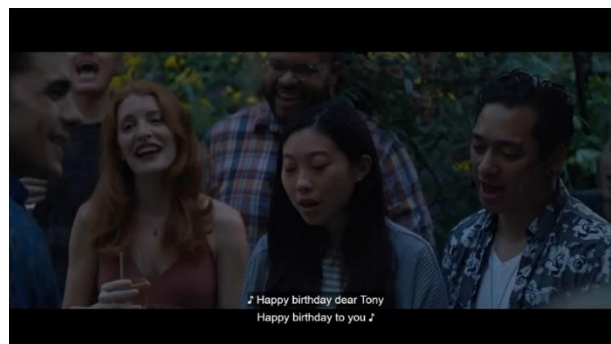
Little Nai Nai : What does she have to be mad about? She did the same thing herself

Billi : What do you mean?

Little Nai Nai : When your grandpa had cancer, Nai nai lied to him too. When she knew he was close to the end, that is when she told him. When your Nai nai reaches that point, I'll tell her too

A form of moral anxiety has been represented in this data. The decision to lie to Nai Nai by Billi and his family has been recognized as a conscious decision. In other words, Billi and his family admit that the decision to lie was wrong. Even though they just tried to obey their tradition in keeping secrets about a disease that keeps a person from living much longer. This explanation was reinforced by the warning given by Nai Nai's younger sister to Billi and family. The younger sister explained that lying should not be done because on the other hand it could make Nai Nai disappointed. In addition, the planned lie is a behavior that is morally inappropriate for the family to do. As a result, the decision taken by Billi and his family was to be frank or honest with Nai Nai at the right time regarding the cancer he was suffering from. In other words, the moral anxiety in this data is shown through the upheaval between family beliefs in the form of traditions and beliefs in the norms of society. These two beliefs both lead to an issue that is about lying. The issue of lying at this point is explained through two opposing perspectives, namely the perspective of tradition and the perspective of societal norms. In the perspective of tradition, lying about this condition (Nai Nai's disease) is considered true, while in the perspective of societal norms, lying is considered wrong. As a result, Billi, who is in the middle of these two perspectives, experiences confusion, excessive thoughts, and anxiety. In expert explanations, this anxiety is called moral anxiety.

### c. Billi's Act of Sublimation



**Fig.3 Billi attended her friend's birthday after heard about Nai nai from her family.  
Sublimation (*The Farewell* Film by Lulu Wang)**

The scene in this picture is the situation after Billi heard the news about her grandmother, that Nai Nai will not live much longer because of her cancer. Billi, who was sad to hear that, immediately dissolved into sadness, so she was confused and didn't know how to react to the situation that had happened. As a result, in the midst of his confusion, Billi accepted an invitation to a friend's birthday party. Throughout the party Billi couldn't be as cheerful as her friends at a happy party by dancing, singing, and laughing together. Billi tried to chat with her friends at this birthday party but her expression continued to show depression, sadness and confusion. The dejected forms on Billi's face continued to accompany her as long as she followed the flow of the party. Based on the conditions above, the first form of defense mechanism shown by Billi is sublimation. This is assessed from Billi's activities in participating in birthday parties in a state of mind that is full of anxiety due to the news about Nai Nai. Birthdays are useful events to celebrate one's birthday, which socially this activity is widely accepted by society as a good activity. Reviewing this, sublimation is the behavior of transferring anxiety or fear to activities that are socially useful. So, Billi's position on this data shows the data in question, in which Billi deliberately attended an invitation to a friend's birthday party to divert her anxiety for Nai Nai and replace it with calm and happiness from the existing party atmosphere.

**d. Billi's Act of Repression**



**Fig.4 Billi talks about her sad feeling to his father. Repression (*The Farewell* Film by Lulu Wang)**

Uncle Haibin : Nai nai is very sick. She doesn't know anything about her illness  
Billi : **I know**  
Uncle Haibin : You have to be very careful not to tell her  
Billi : I know. Dad tell me  
Uncle Haibin : You wil feel sad. But. No matter how sad you feel you cannot tell her  
Billi : **I know**  
Uncle Haibin : She doesn't have long left  
Billi : **I know**



Uncle Haibin : We're not planning to tell her  
Billi : **I know**  
Uncle Haibin : No matter what, you cannot tell her

After finishing dinner with the family, Billi and his father went to the inn. Along the way, Uncle Haibin kept telling Billi to stay strong in facing the situation. Uncle Haibin explained that right now the whole family is trying to make things okay in front of Nai nai, they don't want to feel sad or worry about them being seen by Nai nai so this must be understood by Billi. Responding to this, Billi realized that she could not do anything about Nai Nai's illness and her entire family who forbade her not to be emotional. Therefore, to respond to Uncle Haibin Billi's words, just continue to respond with a word that is repeated. Based on the conditions that occurred above, Billi is implementing a form of defense mechanism, namely repression. In a situation where Uncle Haibin pressured Billi with words he kept saying to remind Billi about the existing conditions, Billi actually could and had the right to disagree with the explanation given to him. However, Billi did not do this and chose to obey all of Uncle Haibin's explanation. At this point, the form of repression is shown from the Id's emphasis, namely the desire not to obey Uncle Haibin's words. Billi's emphasis on the subconscious in this data has resulted in rational thinking and behavior. Several forms of rationality that can be identified in Billi's character in this data are not arguing with family and respecting elders.

### e. Billi's Act of Rationalization



**Fig.5 Billi argued with her mother. Rationalization (*The Farewell* Film by Lulu Wang)**

Billi : Nai nai should not be organizing this wedding.  
Mother : If she enjoys it then just let her do it.  
Billi : She is sick. She should be resting or in a hospital. Not stressing about a fake wedding.  
Mother : You really don't know your Nai nai. You know she enjoys bossing everyone around. Makes her feel important. Makes her feel in control.  
Billi : Mom  
Mother : It's true! That is why she hated to stay in America in our house. You know, because she could not tell anyone what to do. Whatever I do, never good enough for her. But she can't say anything because it was my house.

Billi : Mom, stop! you have always had issues with her, but right now  
Mother : Oh, I don't have problem with her. She's the one that have a problem with me.  
Billi : She's dying. Can't you be a little more sensitive?  
Mother : What do you want from me? To scream and cry like you?  
Billi : No one ask you to cry

The form of data defense mechanism to respond to anxiety about Nai Nai's disease at this point is rationalization. This data shows an attempt to twist the facts in the form of an argument that looks very rational. Even though Nai Nai is currently seriously ill, Nai Nai is happy to do the things she wants, namely to be involved in wedding preparations. However, Billi tries to hide this fact by reasoning that because Nai Nai is sick, he needs to rest. Another supporting point of this data as a rationalization is the attempt to hide other facts about Nai Nai's condition, who is happy to do all the jobs available. This was revealed by Billi's mother who told Billi that Nai nai likes to manage everything including the whole family. As a result, Billi, who heard that, immediately fell silent and could not reply to the words from her mother. So, as a conclusion the discourse proposed by Billi to his mother is a rationalization to put forward Billi's personal wishes as a social justification that sick people should rest and put aside other people's needs, namely Nai nai's happiness to be involved in preparing for the event.

### e. Billi's act of regression



**Fig.6 Billi played with Nai nai. Regression (*The Farewell* Film by Lulu Wang)**

Nai nai : Come do it with me  
Billi : Ha, Ho  
Nai nai : Be serious! Try harder. This will clear out all the bad toxins. Ha, ho  
Billi : Ha, ho  
Nai nai : Then inhale to take in fresh oxygen. Understand!  
Billi : Yes  
Nai nai : Let's do it together. Open your eyes! Lift your chest! You can slap your arms. Slap your back  
Billi : **Slap my butt?**  
Nai nai : Stupid child!

One morning, when Billi had just woken up from sleep she looked with worried eyes at Nai Nai in front of the house. When Nai Nai was doing sports to maintain her health, Billi came to do sports together. Nai nai explained to Billi the meaning of the body movements that were carried out where according to Nai nai by doing movements like this it would be able to cleanse poisons in the body. Nain ai continues to teach Billi about their sport, but in response to this Billi acts like a child. Here, Billi keeps bothering Nai nai with her childish behavior, even Billi also says something ridiculous, namely "slap my butt?" with the aim of humorous and entertaining Nai nai. This data is the view of the Regression. some people who feel threatened or anxious may unknowingly "escape" to an earlier stage of development, where this type of defense mechanism is seen in adults who act like children. The behavior and speech shown by Billi did not reflect that of adults in general. Naturally, adults not only behave politely to their parents, but also use formal language to avoid the inconvenience of conversation topics. However, Billi acts contrary to the common adult image. Therefore, in conclusion, this data is a form of self-defense mechanism, namely regression because Billi's behavior is based on pity and worry for Nai Nai who is seriously ill with cancer in her body.

## **2. Discussion**

In this part, the researchers present the discussion based on the findings of the study. In accordance with psychoanalysis theory by Sigmund Freud, the findings in this study showed the representation of anxiety and defense mechanism through the character Billi.

The presentation of the forms of anxiety shown by Billi was focused on excessive anxiety for the health of his grandmother, namely Nai Nai. Because Nai Nai will not live long due to severe cancer. There are two forms of anxiety from Billi that appear, namely reality or objective anxiety and moral anxiety. Initially, the anxiety that emerged as the trigger for Billi's excessive anxiety was the reality of anxiety, a condition in which Billi received news from his family about Nai Nai's short age. From here, unconsciously Billi began to develop forms of anxiety and even self-defense mechanisms as an effort to calm himself from situations that were not friendly to him. Then, anxiety arose again from the desire to lie to Billi family. The Billi family decides not to tell Nai Nai about cancer and his short life. This has also become another source of stress for Billi, in which Billi feels even more anxious because she cannot tell when Nai Nai is in the book. Billi only keeps harboring feelings and other things that she wants to convey to Nai nai into her subconscious, causing anxiety and overthinking.

Next, the defense mechanism. In responding to situations that are very sad or even worrying, humans will unconsciously bring themselves into things that will give them peace, happiness, etc. These are what are called self-protection mechanisms. With the aim of protecting oneself from great anxiety, Billi developed sublimation, repression, rationalization, and regression. Based on the results of existing data findings, the researchers found that all of these self-defense mechanisms emerged when Billi was dealing with the source of her anxiety, namely excessive anxiety about Nai Nai's condition. Not only that, the family's attitude in responding to the Nai Nai problem is also a supporting aspect of Billi's anxiety so that there is also data on self-defense mechanisms that arise when responding back to his family's attitude which according to Billi is not ethical or appropriate towards Nai Nai's problem.

## D. CONCLUSION

Based on the findings and discussion, the researchers concluded two points. First, Billi experienced anxiety that led her to develop several defense mechanisms. In terms of anxiety, the character showed moral and reality anxiety. These two anxieties happened because Billi's had to face the reality that her grandmother got cancer and cannot live longer. For the defense mechanism Billi developed regression, rationalization, sublimation, and repression. Various defenses attitudes were applied by Billi unconsciously as a response to her sadness due to anxiety. Billi herself unconsciously tried to suppress the discomfort in various ways such as having fun, thinking rationally, carrying out useful social activities to suppress her emotions towards the people around her. Beside applying the defenses to counter anxiety, Billi applied those defenses to maintain her relationship with her family.

In conclusion, the film showed that self-defense mechanisms as a response to anxiety is a natural condition of humans. Based on the comparison of the two previous studies above, the benchmark for something to be anxiety for that person is from himself. Anxiety and self-defense mechanisms have various forms of expression, and these forms depend on the individual. From these conditions, the researchers concluded that the two theories described above are human instincts that are consciously or not carried out by humans themselves to respond to things that are not good for the body or mind. Therefore, the value of understanding these two theories is not only explaining human instincts but also teaching us a method for managing various emotions within ourselves when dealing with anxiety that is encountered.

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