THE MAIN CHARACTER’S DEFENSE MECHANISMS IN THE SAFE HAVEN FILM

A Thesis

Submitted to Faculty of Adab and Humanities

In Partial Fulfillment of the Requirements for the Degree of Strata One

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ABSTRACT

Siti Nurrohmah Cahyani. The Main Character’s Defense Mechanisms in Safe Haven Film. A Thesis. English Letters Department, Faculty of Adab and Humanities, State Islamic University Syarif Hidayatullah, Jakarta, 2018. This research is focused on Katie Feldman, the main character in Safe Haven film. The aim of this study is to know the psychological problem and analyze the defense mechanisms using Psychoanalysis theory by Sigmund Freud. This study uses qualitative method and descriptive analysis as the technique to analyze the data with theory of Psychoanalysis that related to psychological condition and defense mechanism, in the film. The data are collected from dialogues in the script and pictures in the film. The findings show that Katie Feldman as the 27 years old woman has some psychological problem caused by the domestic violence. Katie’s greatest fear is her husband, who she almost kills. Katie runs away from her husband to the new place. She always have a nightmare about her husband, scares of every sound that she hears every night around her home, cannot accepts what people try to give to her especially from a men. Katie also has a hallucination by creating a new figure, which she created from her other side. Katie has done some defense mechanisms, so that she can face her greatest fear and remove her trauma and anxiety.

Keywords: psychoanalysis, defense mechanism, film analysis, safe haven, domestic violence.
APPROVEMENT

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LEGALIZATION

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The thesis entitled above has been defended before the Letters and Humanities Faculty’s Examination Committee on July 24th, 2018. It has already been accepted as a partial fulfillment of the requirements for the degree of strata one.

Jakarta, July 24th 2018

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DECLARATION

I hereby declare that this submission is my own work and I do the best of my knowledge and belief. It contains no material previously published or written by another person nor material which to a substantial extent has been accepted for the award of any other degree or diploma of the university or other institution of higher learning, except where due acknowledgment has made in the text.

Jakarta, July 2018

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In the name of Allah, the most Merciful and the most Kind.

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The Writer
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CHAPTER I

INTRODUCTION

A. Background of the Research

Film is one of media to deliver ideas, messages, and feelings expressions to viewers. Film requires us to respond sensitively to the simultaneous and continuous interplay of image, sound and movement on the screen. Through film, viewers can get enjoyment, knowledge and topics of study.

Film analysis is a way of analyzing film, which may draw upon ideas from film theory; the essence of the cinema and provides conceptual frameworks for understanding film’s relationship to reality, the other arts, individual viewers, and society at large. Film analysis generally uses the character as an object that can be seen as human (Djokosujatno 112). In this case a text of character that can be analyzed, which is to find an implicit text into the unconsciousness of the character (Djokosujatno 113).

Films start to portray the personality and behavior of the character that refer to psychological films. This genre relates to the psychological disturbance in mental, mind and behavior of character in the film but it is often presented in the form of thriller according to Sharon in his book, “a distinguishing characteristic of a psychological thriller is a marked emphasis on the mental states of its character: their perceptions, thoughts, and general struggle to grasp reality about death” (Packer 87-90).
Psychoanalysis can be one of the approaches to find the unconsciousness of the character in the film analysis (Moesomo 59). Psychoanalysis as a clinical method of investigation is about the wishes and fears that people have, about their memories of the past and how these memories color their relationship in the present, about their struggles to cope with painful feeling such as anxiety (Previn 5).

One important aspect from Freudian theory which has become fully integrated into both everyday speech and mainstream psychology is the idea of ego defences. These are unconscious mechanism by which we protect ourselves from painful or guilty though and feelings (Jarvis 36).

Safe Haven is 2013 romantic thriller movie about Katie Feldman as the main character who has psychological problem. Katie is 27 years old, a young woman with a typical American beauty. She has a husband that work as a police detective. Someday, she has a conflict with her husband while they have dinner together. Her husband does not like if Katie leave him alone when he has not finish his dinner yet. Moreover, they fight and Katie almost kills her husband accidentally when she tries to defend herself. She runs away from her old place to Southport, changed her identity and appearances.

While she runs away and stays in Southport, she finds some people who care to her. However she keeps the distance from them because her fear caused by her husband. She always has a nightmare every night, cannot accept what people try to give to her, scares of every sound that she hears at
home every night. To comfort herself, she creates an imaginary friend, Jo. With Jo, she is able to share her feelings, emotions, and her fears.

Katie’s greatest fear is her husband. The psychological condition that she has is her defends to face her fears. She cannot conquer her fear except by facing it. In her journey to face her fears she is not alone, she is accompanied by people who believes that Katie deserves to be happy; because she also believes it in her deepest heart.

Katie, the main character in this movie lives her life just like that: scared, conflicted, and cautious. She scared every time seeing a police officer, because it reminded her to her husband. She cannot even accept what people around her tries to give to her. She always has a nightmare about that night; when she fought with her husband and almost kill him. She has sudden mood swings and cautious behavior every time people around her tried to be nice to her. Based on the explanation above, I am interested in analyzing the psychological condition of Katie Feldman as the main character in Safe Haven film by using Sigmund Freud’s Psychoanalysis because this theory considered as the proper method to analyze the psychological condition of the character.

B. Focus of the Research

According to the background of the study above, the writer focuses and limits the scope of the research within the psychological condition of
the main character, Katie Feldman, which will be analyzed using psychoanalysis of Sigmund Freud.

C. Research Question

Based on the background of study above the statement of problem are:

1. How would the main character defend herself against her fear and anxiety in this film?

D. Significance of the Research

The result of this research is expected to give the benefit of the information and knowledge for the readers in understanding Sigmund Freud’s Psychoanalysis. The writer hopes that this research can be used as a reference in studying literary works, especially in analyzing psychological aspects of the character which uses psychoanalysis approach in English Letters Department, Faculty of Letters and Humanities at Syarif Hidayatullah State Islamic University, Jakarta.

E. Research Methodology

1. The Objectives of Research

The general purpose of this study is to reveal the defense mechanism of the main character that arise in the Safe Haven film.
2. The Method of Research

The method of this research is qualitative method with descriptive analysis. Nyoman stated in his book, “Qualitative used a ways of interpretation by presenting it in the form of description. In study of literature, the data source is the work and the sript. The data researches, as the formal data are words, sentences, and discourse (Ratna 47). As a whole, Noeng made another statement that, “Qualitative research methods observe the relationship between words or sentences that forms particular meaning. The word or phrase is a system of signs that parse the data in deep appreciation will be achieved as good (Muhadjir 301-302)

3. The Technique of Data Analysis

In this study, I use descriptive analysis technique to analyze the data and use the theory that related to structure of personality in the film. First, I give the description about the film and the character. Then, I start to analyze the psychological problem and defense mechanism using Sigmund Freud's Psychoanalysis.

4. The Instrument of the Research

This qualitative research sets I myself as the main instrument in collecting data by watching Safe Haven carefully, analyzing the scenes or the parts that describe the problems, and collecting the data by writing down some dialogues and taking some snapshots of the scene to support
the research that related to the changing of personality structure from the main character.

5. The Unit of the Analysis

The unit of the analysis that is used in this research is the *Safe Haven* film directed by Lasse Hallstrom based on the novel by Nicholas Sparks, released on 14 February 2013 (United States) and produced by Marty Bowen, Chad Freet, Wyck Godfrey, and Ryan Kavanaugh.
CHAPTER II

THEORETICAL FRAMEWORK

A. The Previous Research

The theory of this research had been used to analyze another movie by other researchers before. The writer found two researchers who have used Psychoanalysis by Freudian. The first paper is “Faith Against Fear: A Study of Anxiety and Defense Mechanisms in Alex Kendrick's 2006 Facing The Giants” by Meiliyanti Budiyana from Binus University, Jakarta 2015. This research approaches the object of Facing the Giants through both intrinsic elements, including character and characterization, setting, and symbols, and extrinsic elements, including psychoanalysis by Freudian focusing on the anxiety and defense mechanism. In this research, several characters that are considered conveying the ideas needed in this research are analyzed as round character and flat character. The researcher found that the anxieties and defense mechanism do exist by studying the characters and characterization. The defense mechanisms that are described in this movie are acting out, humor, avoidance, regression, affiliation, activism, projection, intellectualization, assertiveness, altruism, omnipotence, idealization, devaluation, compensation, denial, rationalization, undoing, identification and sublimation. Through the
analysis that represents the defense mechanisms, it can be concluded that some of them are counterproductive and others which are constructive.

The conclusion of this research is defense mechanisms have influenced much of the behavior and decisions of the characters in Facing the Giants. Defense mechanisms can also work both in well or bad way. That gives additional information about how people should be careful in using and applying defense mechanism in real life. The researcher also stated that this movie tries to encourage the viewers to always have faith in God as portrayed within the idea of using defense mechanisms, in order to reduce the fear or anxiety.

The second paper is Defense Mechanism in the Main Character of Tennessee William’s A Street Car Named Desire. This paper is written by Meiriza Lidya from Andalas University, Padang 2011. The writer of this research uses psychoanalysis theory of Freud by analyzing the main character’s psychological condition, the cause of her psychological condition, the cause of her psychological condition and defense mechanism that the writer uses of the main character, Blanche Dubois. The main character is a widow, who has psychological conflict within herself that leads her to some strange behaviors. That is all because she traumatized of her past life that building mechanism to defense herself from the bad memories.

Blanche has a terrible condition which seems by her act such she often talking lie to people, bath in hot water when the weather is hot, and
afraid to stand in the bright light. That is all because she has phobia, feeling guilty, psychosis, and hallucination. This paper shows that Blanche’s strange behavior caused by her failed marriage due to her husband’s suicide, losing her job and become poor because being kicked from her big home, scandal in her plantation, and raped by her brother in law. To cope all of her trauma and bad memories, she defends herself with defense mechanism which are fantasy, denial, regression and projection.

The third research is Domestic Violence in Hollywood Film: Safe Haven and Ideological Gashlighting. This research is written by Diane L. Shoos from Michigan Technological University, Houghton, USA, 2017. The writer in this research discuss about domestic violence that happened in this film. She talk over about how the director engaging romance with an unexpected if oversentimental final twist; a well intentioned abuse story that is frustrating in its familiar character portrayals, representation of intimate partner violence, and larger narrative arc. She asserted that Safe Haven replicates the primary patterns of post-awareness, postfeminism, and genre discussed in that research. The film thereby appeals to the viewer’s post-aware understanding while predictably eliminating pathways to resolution other than a final confrontation between victim and abuser. Accordingly, once the abuser is dead, domestic violence and the abused woman’s victimization are no longer relevant, just as they are not—nor ever have been—of public concern.
The similarity from first and second of previous researches is the same theory. The writer uses psychoanalysis theory of Freud to analyze the psychological condition of the main character. And the third research is the same material and topic but with different theories. That research discuss about domestic violence and abuse that happened with the main character. The difference between the three previous researches with this thesis is the research focus more on how the main character deals with traumatic experience, resulted from the domestic violence.

B. Theoretical Framework

1. Sigmund Freud’s Psychoanalysis

Psychoanalysis theory is originally known as the method of healing people with mental illness by knowing the conscious and unconscious elements in mind. It is also an approach to understand the behavior of person. This theory was developed in late nineteenth century by Sigmund Freud. He is one of the figures that succeeded in introducing Psychoanalysis.

Sigmund Freud was born on May 6th 1856, an Austrian neurologist and psychiatrist who co-founded the psychoanalytic school of psychology. Freud is best known for his theories of the unconscious mind, especially involving the mechanism of repression, his redefinition of sexual desire as mobile and directed towards a wide variety of objects, and his therapeutic technique, especially his understanding of transference in
therapeutic relationship and presumed value of dreams as source of insight into unconscious desires. He is commonly referred to as “the father of psychoanalysis” and his work has been highly influential, popularizing such notions as the unconscious, defense mechanism. Freud has 23 books about his theory of psychoanalysis (Zaviera 91).

Psychoanalysis is a scientific discipline based on a systematic accumulation of knowledge about the mind and how it works: especially relating to mental processes which are inaccessible in any other way. Sigmund Freud asserted,

“Freud’s immense influence arguably revolves around his basic claim that most of our behavior is a product of an unconscious but very active part of the mind. This unconscious is full of unacceptable urges, intolerable memories, conflicts, defense mechanism, and so forth. Part of Freud’s lasting significance in the history of ideas is that psychoanalysis was conceived as a means of opening the black box of the unconscious (Freud 238).

The basic concept of psychoanalysis consists of conscious and unconscious. The conscious is only a small part of mind that contains certain moment in awareness and it will be repressed to the unconscious. We can think and talk rationally based on this mental processing. William wrote,
“Consciousness, he believed, is a transitory mental state since what is conscious one moment may not be conscious the next moment. That which exist on fringe of the conscious Freud called the preconscious. The preconscious consists of what earlier verbalized. [. . .] Freud regarded them as only a small portion of the total mental life of the person (Arndt 322).

Related to conscious, there is also preconscious; a bridge between conscious and unconscious that contains ideas or memories that could be retrieved at any time and brought into our awareness. Ferdinand has noted, “in psychoanalysis, the unconscious takes precedence over the conscious because it affects person’s behavior and demands to be satisfied.” (Zaviera 22)

The unconscious is the most important of the human psyche that contains desire, thoughts, and behavior since childhood. Unconscious is the most dominant and important in determining a person’s behavior and experience. That is contains repressed feelings, memories, and response tendencies of which we are unaware. Large parts of human thought remain unconscious. It needs much effort to make the certain troubling ideas appear in conscious. Unpleasant thoughts will be repressed from consciousness by the ego.

The ego is the part of the system that manages the id and superego wisely. When the ego is weak, it would be happened abnormal behavior because the ego cannot balance the strong desire from id and superego. William Siegfried added in his journal, “As humans our
behavior, our thoughts and actions, are the product of our psyche. In order to have an understanding of why we behave as we do, it is necessary to identify the information and structure of the human psyche (Siegfried 1).

Freud described the personality as consisting of three systems, the id, the ego, and the superego (Roedinger and et al 470). While the id is completely unconscious, the ego and superego span all three levels of awareness (Roedinger and et al 470).

2. Defense Mechanism

Defenses are the processes by which the contents of our unconscious are kept in the unconscious. In other word, they are the processes by which we keep the repressed in order to avoid knowing what we feel we cannot handle knowing (Tyson 15). We have probably heard people talk about “defense mechanism”, or ways that we protect ourselves from things that we do not want to think about.

In some areas of psychology, psychologists talk about defense mechanisms, or manners in which we behave or think in certain ways to better protect or defend ourselves. Defense mechanisms are one way of looking at how people distance themselves from a full awareness of unpleasant thoughts, feelings and behaviors.

Although defense mechanism is normal and used by everyone, if someone using in an extreme way, it will impact a compulsive, repetitive and neurotic behavior. Jess Feist explained, “Freud saw defense
mechanism as helpful to the individual in that they reduced or avoided the pain of anxiety, but with the exception of sublimation, they are not helpful to society.” (Feist and Gregory 53)

Defense mechanism is divided into several mechanisms, whether those create by Sigmund Freud or any other figures. These sections will explain a few mechanisms that are used in this research. These are brief explanation below:

a. Isolation

This mechanism runs by altering emotion from painful memories. For example, doctors and nurses must adjust themselves to separating disgust, annoyance and fear from blood, wounds and so on; but they also must to treat the patient like their own family (Feist and Gregory 101).

b. Fantasy

This is imaginary situation of someone about his/her own desire. In fantasy world is free from the thinking of the prohibition from superego because in this fantasy, the superego has no rule. Steven added, “we will argue that fantasy is central to all psychoanalytic work and that inference about the consequences of different meanings or usages of the term distort and exaggerate differences in clinical work” (Levy and Lawrence).

3. Fear or Anxiety

Fear is one of the most basic human emotions. It is programmed into the nervous system and works like an instinct. From the time we are
infants, we are equipped with the survival instincts necessary to respond with fear when we sense danger or feel unsafe (Rachman 13).

Many psychological experiences can function as defenses, even when not formally defined as such. For example, for of intimacy fear of emotional involvement with another human being is often an effective defense against learning about our own psychological wounds because it keeps us at an emotional distance in relationships most likely to bring those wounds to the surface; relationship with lover, spouses, offspring and best friends. Of course sometimes our defenses momentarily break down, and this is when we experience because it can reveal our core issues (Tyson 16).

All of us, at one time or another, experience anxiety, a feeling of apprehension or tension, in reaction in stressful situation. There is nothing wrong with such anxiety everyone feels it to some degree, and usually it is reaction to stress that helps, rather than hinders, our daily functioning (Feldman 423). According to Freud, anxiety is an unpleasant inner state that people seek to avoid. Anxiety acts as a signal to the ego that things are not going right. As a result, the ego then employs a defense mechanism to help reduce these feelings of anxiety. Freud (Feist 27-28) identified three types of anxiety:

1. Neurotic anxiety is the unconscious worry that we will lose control of the id’s urges, resulting in punishment for inappropriate behavior.
2. Reality anxiety is fear of real-world events. The cause of this anxiety is usually easily identified. For example, a person might fear receiving a dog bite when they are near a menacing dog. The most common way of reducing this anxiety is to avoid the threatening object.

3. Moral anxiety involves a fear of violating our own moral principles. Freud considered anxiety as a consciously painful experience, which arose from excitation of the internal organs of the body (Lundin 291).
CHAPTER III

RESEARCH FINDING

In this chapter, most of content reveal the findings based on the research question in chapter one. In analyzing the defense mechanisms of the main character, Katie in this film, the writer focuses this analyzes through dialogues, narrations, and pictures include her thought and expression when she faces the conflicts around other characters.

1. Katie’s Psychological Problem

Katie is a mysterious woman who is 27 years old. Her real name is Erin. She is changing her name when she runs away and moves to the new place. She has a husband; his name is Kevin who works as a police detective. They get married when they are still in young age. Katie is a beautiful woman like typical of American woman. She has dark brown-long hair and a couple of blue eyes (Picture 1).

Picture 1
Their marriage life is the same as most other couples: they loves, fights, laughs and cries. Until one day, when they have their dinner together. At first their dinner is fine; they have a sweet chit-chat to each other. Kevin also surprisingly gives Katie a necklace. Katie likes that necklace and tells Kevin that she makes a new recipe of what she cooks. Kevin said it’s delicious and praised her. Moreover, when Katie finished her dinner, clears the dishes and casually removes a half-empty bottle of wine from the table and leave Kevin alone, he did not likes it. He feels angry because Katie leaves him alone just like that. Then, Kevin venting his anger by strangles and yells to Katie. Not only that, he also snapped and hit her. Katie tries to defend herself by takes the knife around her, and then accidently stabbed Kevin.

As the time when she finds that Kevin was unconscious, she takes that chance to hurry takes some clothes and runs away looking for some help from her neighbor. Because of the help given by her neighbor, Katie can run away from Kevin and her past for a while. Before she runs away, she cut her hairs and dye
into blonde (Picture 2). She did it in order to makes Kevin couldn’t find her.
Moreover, she choose to go to somewhere by driving a bus.

While the bus that brings her from Boston to Atlanta stops in a coast, She feels interested and decided to stay there; Southport-South Carolina. The first thing that she does is looking for a job. She tries to apply a job at Ivan’s fish and chip’s restaurant (Picture 3) and she got it as a waitress (Picture 4). And then she rents a “fixer-upper” house and befriended by a woman neighbor named Jo; a beautiful and tall woman with a sociable character, as we can see at the picture below.
Katie : Can I help you?
Jo : Oh! Ooh. Oh! Uh...You scared me. Uh...I'm sorry. I didn't mean to be snooping. Um...I wish I had a good excuse, but it's just idle curiosity. You're the first neighbor I've had out here in ages.
Katie : Yeah, my Realtor said I didn't have close neighbors.
Jo : Oh, well, I'm not close by city standards. I'm Jo, by the way.
Katie : Katie.
Jo : Nice to meet you. Um...Look, I moved out here same reason as you, I think. To get some peace and quiet, so I get it if you just...
Katie : Yeah, I like the fact that I can hear myself think.
Jo : Yes, thank you. I mean, isn't it so nice to be away from all that noise and that chatter?(CHUCKLES) I mean, it can be a little bit deafening sometimes, so it is...,...it is nice to meet somebody as rustically inclined as I am.
Katie : Yeah. OK.
Jo : All right, well, it was nice to meet you.
Katie : Yeah, you too.
Jo : I'm down the road if you need anything. I'm stronger than I look. So, if you get in any trouble...
Katie : OK.
Jo : OK, I'm sorry again.
Katie : It's OK.
Jo : OK.
Katie : Walk safe.
Jo : Thank you.
Katie : All right.
Kevin (Katie’s husband) never stops looking for Katie’s existence. Having Katie’s location through a message on a neighbor’s answering machine, Kevin drives to North Carolina on 4th July celebrations. He arrived drunk and almost hit a pedestrian as he came to a screeching stop at the parade route barricades (picture 6). Finally he found Katie there dancing and kissing Alex (picture 7), and that makes Kevin feels angry (picture 8).

The climax of this film is when Kevin finds Katie at Alex’s store, Kevin asks Katie to come home with him. Katie promises they will talk and, in an attempt to get him away from Lexie, leads him outside. However, Katie refusing Kevin’s request to come home because she is home and tells him that he kept on hurting her, and sends him away. And then, Katie and Kevin fight each other until Katie succeeds in grabbing Kevin’s gun from his belt and in the end shoots him.
The domestic violence that she had makes some psychological problem in her life. The first is the nightmares. Every night she always has a nightmare like in the picture above (picture 9), about that night: when she fights and almost kills her husband. She does not like hears a sound that makes she scares around her home. Every time she has a nightmare or hears a scary sound, she closes the window, locked the door straightly and cannot sleep anymore (Picture 10-12).

Katie tries to live her new life at Southport, to be a new person. However she still keeps a distance from the people around her, especially a man that has a feeling or tries to build a relationship with her. That is the second Katie’s psychological problem. That shows how Katie can be friend with her neighbor Jo and Maddie, the owner or the staff of Ivan’s fish and chips restaurant but she cannot even accept a bike that Alex give to her. She still afraid to close or open her heart to other man. It always remains her to her husband. Although, in this
film Katie can finally open her heart for Alex, because Alex can makes her happy and believes that he is different from her husband.

Another psychological problem is she scares everything about policeman; the sound of police’s serine or someone whose work as a policeman etc. It’s all because of her husband profession as a police detective. That’s all which is related to the police is makes her feel scary and anxiety.

The last psychological problem is the imaginary friend. In this film, Katie shows that she has a friend and neighbor, her name is Jo. Jo depicted as a beautiful tall woman. She likes to walk together with Katie while they go to their home from works. Jo is a person who makes Katie wants to open her heart to another man. She helps Katie to solve her problem while they live as a neighbor. Jo is one of the people which is Katie can be open. Yet, there is a peculiarity about Jo’s existence. From the whole film, only Katie who can see and have interaction with Jo. It is like Jo is the illusion of Katie’s other side. She always there when Katie needs someone to decides what should she does with her problems.

2. Katie’s Defense Mechanism

After all the causes that make Katie feeling anxious and fear revealed, it all relates to the attitude she has been showing to people. The first thing that we know from the explanation above, all the fears and anxieties caused by the domestic violence at her marriage life. The anxiety provoking demands created by
the id, superego, and reality, the ego has developed a number of defense mechanisms to cope with anxiety.

According to Freud, anxiety is an unpleasant inner state that people seek to avoid. Anxiety acts as a signal to the ego that things are not going right. As a result, the ego then employs a defense mechanism to help reduce these feelings of anxiety. Although we may knowingly use these mechanisms, in many cases these defenses work unconsciously to distort reality. Overall, she uses some defense mechanism in this film. To against the fear buried in her mind, she has to face her husband again; her greatest fear.

In this film, the writer found two defense mechanisms that Katie uses to solve her psychological problem. The first defense is isolation. Isolation runs by altering emotion from painful memories. As we know from the explanation before, the painful memories that Katie has is because the domestic violence that she gets from her husband. The domestic violence affected to her love life. She scares to open a new relationship with other man, in this film is Alex.

Alex (picture 13) is a handsome widower, owner of the local supply store whose wife has died of cancer, and leaving him to raise their two young children, Josh and Lexie (picture 14 and 15).
At first, Katie tries to keep the distance between her and Alex. She cannot accept all the goodness that Alex tries to be given to her. That’s all because she is afraid Alex will hurt her like her husband does. Her painful memories about the domestic violence with her husband altering her emotions into more sensitive. Even she cannot accept a bike that Alex tries to give to her as a vehicle which she can use daily.

Alex: Well, what you got there?
Katie: Did you leave this outside my house last night?
Alex: Maybe.
Katie: I can't take it.
Alex: Well, it was just sitting in my shed. It's OK, I don't have any use for it.
Katie: You know what? I just...I don't appreciate you coming in the middle of the night to my house. And I know this is a nice gesture, but I just... I can't accept it. So, um...
Alex: I don't understand. It's not a big deal. It's just a bike.
Katie: I know.
Alex: I see you walking back and forth...
Katie: I didn't ask for it and I don't want it. So...
Alex: Wait, I'm sorry. You know, normally when somebody does something nice for you, you just say thank you.

(00:29:18-00:30:01)
Another defends that Katie use is fantasy. Fantasy was created to fulfill frustrated wishes. In this film, Katie shows her fantasy by created an imaginary friend named Jo. Jo created to fulfill Katie’s frustrated wishes; free from her greatest fear and find her real happiness.

Starts from she arrived in Southport, she meets Jo as her neighbor. Jo comes to Katie’s fixer-upper house to know who the tenant of that house is. Both of them acquainted of each other. Jo thoughts that they have a similar reason why choose Southport as their place to stay.

Jo always there when Katie has problems and needs someone to help her to solve the problem. As when she got a bike from Alex, and she refuse it because she thought don’t want to own Alex anything. Jo tells to her if it is just a bike not a kidney, she should take it as a gift.

Jo : I like the curtains. I mean...
Katie : ...I barely know this guy and he comes to my house in the middle of the night, and just leaves something...?
Jo : Oh, Katie... Katie. Look, I know you found a place as far away from people as you could, but you're gonna have to learn that if you're gonna live south of the Mason-Dixon line, people give you stuff. That means stuff you don't want, stuff you don't even need. Trust me, there is no hidden agenda.
Katie : No, because when you put it...And sometimes we just leave that stuff in the front yard. I just don't want to owe him anything.
Jo : It's a bike, not a kidney.
Katie : So, you're saying that I overreacted a little?
Jo : Yeah. Yeah, maybe a little bit.
Katie : All right, maybe I did overreact. Thank you.
Jo : A little.

(00:30:03-00:30:50)

There is no one in this film shows that they can see Jo’s existence. Jo’s character just shown when Katie has a problem and don’t know what should she
did, or when Katie needs help to decides something. Jo’s existence depicted as what Katie’s other side’s thought. Jo presented as the other choices that Katie has in her mind. Jo comes when Katie try to defend herself from the new environment; especially from men. And when Katie’s fear has gone, Jo says her goodbye to Katie.

At the end, the solution of Katie’s anxiety is the loss of her greatest fear. Katie’s greatest fear is her husband, Kevin. When Kevin died by the shoot of his gun, Katie’s fear also disappear.

Based on the explanation above, I conclude that Katie in Safe Haven film having disturbance in her personality structure because of her trauma of domestic violence. Due to the mistake of choosing a partner in her young age, she could not distinguish where a good or bad man is. The meaning of the title of this film is described how Erin found her real Safe Haven. The place where she can show her real feeling, without fear of the person who will hurt her, how people around her healing her trauma; trusted, cared, and loved her. Especially because Alex’s affection that make her could face her fear. Then all the fears she scared about in her life that buried in her mind totally have gone when Kevin passed away. When the fears have gone, there will be nothing happening.

In brief, Katie is using two types of defense mechanism that belongs to Freud. They are isolation and fantasy. She is uses all of those mechanisms to face her fear and anxiety. Finally, Katie is successful to overcome her anxieties through those mechanisms and lives well with her new family. She is successful to deal with her past and the society.
A. Conclusion

Safe Haven is a 2013 American romantic-thriller film that adapted on a novel with the same title, written by Nicholas Sparks and directed by Lasse Hallstrom. The writer analyzes the main character of Safe Haven film, Katie, to understand her character and her psychological problem through personality structure. Moreover, the writer examines the main character’s psychological problem through defense mechanism to reveal her anxiety of being scare. The psychological theory that used here belongs to Freud.

Katie’s greatest fear is her husband, Kevin who works as a detective in Boston. She was getting violence domestic from her husband, and she almost kills Kevin because her self-defense. She moves from Boston to Southport to runs from her husband. Because of Kevin’s behaviour, Katie always feels fear and anxiety.

In Southport, she meets Alex; a widower with two children, and fell in love with her. From beginning of the story, Alex already shows that he interested with Katie. Yet, Katie still keeps a distance between them. It is all because she scares to open her heart for someone else. She still feels anxious; he has same behavior with her husband. However, it does not make Alex gives up to makes Katie accept him. Although at last, Alex feels disappointed because Katie is lying about her real identity. Nevertheless, Alex can accept it at the end, because he loves her.
The main character of the film, Katie, looks anxious of facing a new environment after runs from her husband. She uses defense mechanism to heal herself by defending herself from anxieties in order not to the surface. The mechanism that she used is to make her survive in her new environment and her love life.

In this occasion, the writer uses psychological approach in analyzing Safe Haven film, by Sigmund Freud’s psychoanalysis theory. The writer chooses the psychoanalysis for analyzing, because the writer thought that psychology is meaningful and correlate with human daily life. We can understand someone if we can learn about his or her personality and we can get the answer by psychology.

B. Suggestion

Film is interesting for the writer to analyze, because film is not only for entertaining but also it can teach us about a life. In analyzing film or literary work, researchers should use the right theory to approach in order to have the right comprehension of the film or literary work itself. This research hopefully can motivate the readers to analyze other character appearance in others film of psychology in literary works. The most important for the readers, who want to analyze further about character in film by psychology approach, is to know and understand about theories of psychology. Therefore, the readers must find some of the film, which is related to the psychoanalysis theory.
BIBLIOGRAPHY


APPENDIX

A. Cover of Safe Haven Film